

About Liz Odera

[Dr. Elizabeth Odera](#), celebrated as a ChangeMakeHer, one of the world's most influential and inspiring women of 2011 (Ashoka ChangeMaker), was knighted with the medal of French Order of Youth and Sports by the French Government, and Head of State Commendation (HSC) from the Government of Kenya, for her ground breaking work in development of youth sports in Kenya, and her commitment to excellence in education. "Princy", as the kids call her (or "Dr. Liz" as she is known by everyone else), has been involved in the education and training of more than 11,000 youth in various sports, including basketball, tennis, football, rugby, athletics and swimming at [Sadili Oval Sports Academy](#) and [Malezi Foundation](#) and where she de-mystified tennis and opened opportunities to about 5,000 children from poor and rich communities alike. Dr. Odera and her team received the reward of the Spirit of the Land of the Olympic Games of the Salt Lake City in 2002, the G-ForSE in Japan in 2003. Odera has led an extensive youth program in Kibera (Africa's largest slum) that includes a schools' tennis for better health, and weekly basketball training, which, through a global partnership, is expected to top 2100 children below 10 years by April 2019. Liz also developed a tennis after-school education project, which earned an honorary USTA-NJTL membership. Liz has successfully coached a large number of juniors, who have represented their respective national teams, played international tennis events (including French, Wimbledon and US Open), earned into WTA points, and continue to earn important scholarships to colleges and high schools in Africa, Europe and USA. She also consults for collegiate tennis. A recipient of the Humanitarian of the Year in 2004 in South Carolina, Liz is a PTR International Clinician and Tester and Provider for Kenya. Liz is the founder of the national [Girl Power Clubs Africa](#) program (which Serena Williams has visited twice) that uses sports to build leadership amongst Kenyan 3740 girls. Liz extended her mentoring to sports organizations, and was recently honored as Global Ambassador for Sport and Development by sportanddev.org and the Swiss Academy for Development. Her first book, [Sports For Life](#) is available on Amazon.

Liz was one of Kenya's top tennis players between 1976 and 1986, when she even played tennis circuits briefly in Europe before choosing to take up academics more seriously, eventually majoring in molecular biology and sports science. Liz provides consulting services in tennis and management and is currently living in Durham, NC, with her two children, Joab and Teresa, who successfully played college tennis. You may learn more about her [here](#). You can contact Liz through her [Facebook Page](#) or liz@lizodera.com