

Eliza Parrott

Eliza is a life coach at Triumph Services. Eliza grew up in Roanoke, VA with her parents and two older brothers. Her passion for supporting individuals with developmental disabilities grew from her love for her older brother, Hank, who has Prader-Willi Syndrome. Eliza's interest was fortified at Washington and Lee University, where she studied psychology. She worked as a teaching assistant at the Faison School for Autism in Richmond, VA, where she taught academic, vocational, and independent living skills to high school students. She then received a Master's of Science degree in Clinical Rehabilitation and Mental Health Counseling from the University of North Carolina at Chapel Hill in May of 2017.

Eliza is thrilled to join Triumph's team and to utilize their holistic model to best support the independence of individuals in the Birmingham area. Eliza enjoys cooking, doing yoga, and spending time with her dog Gump in her free time.