



# BARBARA J. FILE

HEART-CENTERED LIFE COACHING



**KEYNOTE SPEAKER • LIFE COACH • AUTHOR**

**B**arbara's passion is teaching clients to unlock their true potential, achieve outrageous success, and live a life they LOVE living! With over thirty years of experience in various roles, including banker, real estate broker, and financial advisor, Barbara has a wealth of knowledge to share. Her diverse background equips her to assist individuals and businesses in many ways, and she has a proven track record of helping small to large corporations exceed their expectations.

She was also a caregiver to her second husband, who was diagnosed with early-onset Dementia and Alzheimer's disease. She is well-versed in the sensitivities and circumstances involved in how to cope during, after, and what to do next. She wrote a memoir called *Free Fall* by Felicity Jean, her pseudonym, about the journey with her husband to bring awareness to the disease.

Barbara teaches transformational success principles. As a sought-after speaker, trainer, and certified life coach, Barbara's workshops and coaching programs help people overcome limitations and achieve greater results than they've ever known – helping them transform their lives and close the gap between the life they were living and a life they absolutely LOVE living.

Barbara offers content-rich, interactive workshops that takes participants on a journey in which they design, define, test, and experience a crystal-clear vision of the life they would love – a life that is in alignment with their highest purpose. They will have a unique opportunity to “step into” the life they are imagining and feel a resounding “yes!”

“ Barbara specializes in helping individuals and businesses transform their dream lives or companies increase results, and create richer, more fulfilling lives and businesses.



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# A SPEAKING EXPERIENCE

## Tailored Specifically for Your Audience

**W**hether it's a short Lunch & Learn' training, motivating keynote speech or full day workshop – your group, organization, or company can be assured of an absolutely transformational experience with lasting results.

Just as there are no two people alike, there are no two organizations or companies who are exactly alike. Each has their own set of challenges, obstacles, and cultures that have been created. Barbara will create an experience uniquely tailored for your organization's specific goals, challenges, victories and setbacks.

During these interactive talks, the audience will participate in a number of exercises designed to give them clarity of what they want to achieve and how to start down the path to their dream life. They will leave with a sense of excitement, motivation and tools they can use now to achieve their goals.

Barbara's presentations can be tailored from 30 minutes up to a full day workshop. Contact her today to set up a call to explore the possibilities for your next event.



“ Barbara will help you uncover your true purpose and embrace a renewed sense of hope and happiness!



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# THE VISION WORKSHOP

## 3 KEYS TO ACCELERATING YOUR RESULTS

During this dynamic and high energy training, you will have an opportunity to define, design, and experience your dream – and receive the blueprint for how to turn your greatest possibility into your reality.

### You will learn:

- Two essential keys for tuning into your purpose.
- Simple thinking-strategies that will guard you from fear, doubt and worry.
- What wealthy people do that creates sustained success.
- What causes people to lose steam when going after a dream, and how to stay motivated and override it.
- The one critical thing you must give up in order to reach your dream.
- And much more!

# LIFE BEYOND LOSS

## REGAIN EMOTIONAL BALANCE, AND REDISCOVER A PASSION FOR LIVING.

Have you experienced the loss of a loved one or faced an unexpected career setback? Maybe a health diagnosis has prompted you to rethink everything?

After such significant changes, it's natural to have questions like: Who am I now? What's next for me? How can I rediscover my purpose and joy?

Join Barbara as she shares inspiring strategies and tools that have helped her navigate the journey of loss. Together, you'll uncover your true purpose and embrace a renewed sense of hope and happiness!



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## *My Passion*

Inspiring people to really dream again and uncover their untapped potential – knowing that truly, all things are possible.

## *My Mission*

Helping people discover their purpose and get crystal clear about the vision and goals that they would love to achieve and then supporting them to turn these possibilities into results.

# AV REQUIREMENTS

*Barbara takes her commitment to your group quite seriously. She understands that you have invested a great deal of time, money and energy into your event, and would like to offer you some suggestions to make sure you receive the maximum return possible on your investment by receiving the best presentation possible.*



## Successful Meeting Tips

- Theater or classroom seating is preferable. We understand that when planning on or around a meal, this is not possible.
- If the event is in a hotel, for the benefit of your audience, and Barbara, please request from the hotel or auditorium management that the meeting room have no distracting noise from an adjoining room, such as a singing group, rock band, etc. during the time Barbara is presenting her keynote or seminar.
- It is difficult to build intimacy and rapport if your audience is still eating. Please instruct the banquet staff to clear up AFTER the speaker's presentation.
- When a photographer is present, please ask them to refrain from taking photos the first 15 minutes of the program. This can be distracting to the speaker and audience.
- Please make sure the room is well lit especially the staging area. People remember more and laugh more in bright rooms. Barbara prefers to see the faces of the audience. This allows her to see how they are responding to her presentation.

## Mics & Tables

- Barbara prefers a behind the ear mic when possible. Please make sure that the AV department has a back-up microphone available at all times. Our suggestion would be to have someone from your group assigned to the microphone system should any adjustments be needed for volume, bass, feedback, etc.
- Barbara uses PowerPoint during her presentation. She will need a projector and cable to connect to her computer, and it should be within range of her remote control for changing slides.
- Please have water available for Barbara
- Audio and/or video taping is available with **PRIOR WRITTEN AUTHORIZATION**. This includes any modification to the presentation. If the presentation is edited or cut in any way for public use, Barbara must approve it before release.
- Please have a table available for Barbara's products and someone available to assist her during the day of her presentation.



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