



elizabeth BARBOUR

speaking ✨ coaching ✨ retreats

A graduate of the College of William and Mary, Elizabeth holds a Masters Degree in Counseling from the University of Delaware. She received her coach training from CoachU and is also a certified Myers-Briggs Type Indicator facilitator, a Certified Retreat Coach, and a Certified Group Coaching Leader.

TESTIMONIALS

"Elizabeth's fresh perspective and solution-driven insights help individuals enhance their work and personal life..."

Terrie Ard, Florida Public Relations Association

"A terrific choice as our keynote speaker for the 2010 BPW Women's Conference..."

Deanna Mims, Business & Professional Women

"Attendees loved her interactive presentation on using Myers-Briggs..."

Kara Smith, Early Learning Coalition

"Elizabeth connects with participants intimately and they feel like she's speaking directly with them..."

Carla deBaldo, Florida Commerce Credit Union

*"Shift from **TIRED...** to **INSPIRED!**"*

Elizabeth's Most Popular Keynotes & Workshops

From Tired to Inspired: 5 Strategies for Business Growth

- Learn the key for sustainability for your small business
- Discover the 3 essential ingredients for successful networking
- Identify important systems to help make critical business decisions

Build Your Tribe: 5 Secrets for Authentic Networking

- Move beyond the "booze and schmooze" to genuine relationship building
- Learn how to engage in meaningful conversation with 3 great questions
- Position yourself as a referral source and watch the business flow in
- Become successful by surrounding yourself with happy, healthy people

The Courage to Unplug: Secret Strategies to Inspired Living!

- Understand that "R-E-S-T" isn't really a 4-letter word
- Learn the one strategy most wildly successful business people share
- Combat your resistance to rest and make peace with "unplugging"

Conscious Choices for Inspired Living: Increase Joy in 5 Steps

- Learn the one life-changing practice Elizabeth does regularly
- Understand why breathing consciously matters more than you think
- Clarify the distinction between motivation and inspiration
- Apply advocated financial strategies to your life right NOW!

Invite Elizabeth to Speak Today!

Call 850.893.5211

PARTIAL CLIENT LIST

American Adoption Congress
 American Business Women's Association
 Asheville City Parks & Recreation
 Avant Garden Landscaping
 Bronson Chiropractic & Acupuncture
 Business and Professional Women of Tallahassee
 Business and Professional Women of Florida
 Early Learning Coalition
 Florida Commerce Credit Union
 Florida Public Relations Association

Green Peridot Salon
 Healing Arts Alliance
 Heritage-Encon
 March of Dimes
 Office Environments
 Roeder Orthodontics
 Rotary International
 Steven Foster, CPA
 Tallahassee Chamber of Commerce
 The Florida Bar
 Visions Design Group
 You Can Women in Business

More Information Available at ElizabethBarbour.com