

# Busy women no longer need to suffer in silence as they struggle with overwhelm.

## Short Bio:

Barbara loves making sense of things and creating order out of chaos. She helps women to easily minimise stress and maximise time. She is a regular columnist for a Murdoch publication, a Coach, Speaker & Facilitator. Barbara lives in the desert of Alice Springs, Australia working with people around the country.

## Featured In:

Barbara has presented or appeared in numerous outlets around the world including:

THE AUSTRALIAN  
**Women's Weekly**

**Chamber of Commerce**  
NORTHERN TERRITORY

ABC Alice Springs **P&O** CRUISES

**Yours** **Advocate**  
CENTRALIAN  
SERVING THE CENTRE SINCE 1947

## Popular Media Topics:

- How to Beat Procrastination
- Transforming stress into a source of strength
- Mastering Prioritisation
- Why our values determine our productivity

## Social Media Following:

- Facebook Groups - 1000+
- LinkedIn Connections:- 2000+
- Email Database - 1,000+
- Twitter Followers - 1500+



Speaker  
Business Influencer  
Columnist.



# More On Barbara:

Barbara hit a turning point when she decided to abandon her successful career in the film & television industry after 20 years. Her career success started at the age of 13 as a host for a children's television program. Yet, she reached a point where she realized her career had built on a desire to prove to everyone that she was worthy of their love, respect and adulation when she deep down she devalued herself.

It was only after many years of personal development Barbara was able to find her self-worth. Yet she meandered through life, finding work based on her skills, not her passion or purpose. It wasn't until she heard a public speaker talk about building a business around what you value most, that it challenged her to find out what her 'true' value was. After using a professional resource to test this, she was dumbfounded to discover her highest value was "organising". Yet when she looked back on her career it made sense. The skill, talent, passion, gift she held, she took for granted, was something she was exceptionally good at; creating order out of chaos. It all made sense. With the support of and mentorship of highly successful entrepreneurs, Barbara launched her business.

Barbara was encouraged by the overwhelming response from women who wanted to transform their lives, to be released from chaos, overwhelm and a lack of clarity in their busy working lives. Stress was a major factor in most women's lives, so Barbara completed a Certificate in Stress Management Practitioner.

She now speaks around Australia (and internationally) on topics such as stress, time management, communication, mindset, leadership and assertiveness (to name a few).

Barbara is a columnist for a Murdoch publication and has partnered with the Northern Territory Chamber of Commerce and the Business Enterprise Centre to deliver empowering professional development, facilitated training. She has coaching clients all around Australia.



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