

Barb Earle

Neurotransformational
Speaker • Coach

**Effective Mindset.
Remarkable Results.**



Barb's audience experience...

- P**ower within to create sustainable, impactful changes.
- O**ptimal energy, work/life balance while cultivating joy and fulfillment.
- W**illingness to build productive habits for productive decision-making.
- E**ffective mindsets to manage stress.
- R**esilience as a result from using real-time, brain-friendly strategies.

Brain-Friendly Bliss

Five Steps to manage stress in a busy, distracted world.

Optimize your strength to identify, understand and transform key stressors — paving the way to higher levels of mental well-being.

Seven Levels of Effectiveness™

Redefine Work/Life Success

Navigate the '7 Levels' roadmap to address, manage and balance your effectiveness — creating success in day-to-day challenges.

Reclaiming Clarity in a Chaotic World

Three Steps to Less Anxiety and More Energy

In today's fast-paced world, stress can lead to anxiety, burnout, and low energy, but understanding the brain's role in our thoughts and behaviors empowers us to manage reactions and regain clarity. This neuroscience-based session provides practical tools to reduce stress, boost focus, and create a balanced, energized environment for work and life.

About Barb

Barb Earle is a speaker, coach and health and wellness expert with over forty years experience. She helps individuals and organizations understand how to harness the physical, mental and emotional dimensions within. And, using that power as a guide to drive results. Innovative and progressive, Barb's approach combines neuroscience-based applied instruction with an inspiring blend of creativity, education, and play.



“Neurotransformation means endless possibilities to ignite your potential, elevate mental well-being, get energized and discover your inner brilliance!” Barb

What they say.....

“I’ve been introduced to the topic of stress management before but not in the depth in which Barb Presented it. Barb’s presentation style was great.” Karen ~ Urban Planner

“I have been intrigued with the topic of the brain, how it works. How do I activate this neuroplasticity? Barb addressed all of this in this very clear and understandable webinar. Using sound, visuals, and easily understood explanations with her always authentic and open delivery made this an interesting and informative learning experience for me.”
Jennifer ~ Marathon Trainer

“Barb’s presentation was so helpful, and focused on practical, usable methods of stress management – now I feel that I have the mental “toolkit” to address my anxious thoughts and feelings, as Barb gave concrete examples of practical ways to work through my emotions and explained clearly how these methods can be used in everyday life.”
Carol ~ International Accountant

Book Barb for your next speaking event, conference or employee training session.

barb@lifewideopen.ca

www.lifewideopen.ca

Find me at [barblifewideopen](https://www.instagram.com/barblifewideopen)

