

Lois Barth
Courage to SPARKLE!
Creating a life that lights you up.

MOTIVATIONAL HUMORIST • COACH • PROVOCATEUR



ENGAGE YOUR TEAM

Powerful Solutions Delivered in a Playful Way

(646) 342-5911

www.LoisBarth.com



- Motivational Humorist
- Women & Leadership
- Team Engagement
- Stress Management
- Communication Skills
- Navigating Change

“Working with Lois has made a huge difference for my business. My company is working better together as a whole, and my employees are happier and more motivated. Our Revenue is up 294% from a year ago! The numbers says it all!”

-Maureen Lowe (Founder of FTF Financial Services)

People Learn Best in an Environment that's Upbeat, Creative, and Fun!

Lois Barth brings over twenty years of experience as a speaker, coach, health care practitioner and comedienne to her programs. She supports groups and individuals to thrive both personally and professionally by helping them to clarify their goals, navigate change, reduce stress, and lighten up.

Lois' programs are highly interactive, upbeat and integrate thought-provoking stories, humor, metaphor, movement and psychological-based exercises that support participants to integrate their learning with experientially-based exercises, connecting with others thus creating sustainable results.

She was the life coach for three of the most prestigious and long-running makeover campaigns in women's magazines; *SELF*, *FITNESS*, and *FITBLOG* (Sears). As an expert, she is regularly quoted in *The Wall Street Journal*, *SELF*, *WomansDay.com*, *Weight Watchers*, *iVillage*,

All You Magazine, *MSN.com*, and many others. In addition, she is the “Stress Less...Thrive More” Lady on *CT Style TV* (ABC Affiliate) and was featured on *Good Day New York*. Her articles have been published in *The New York Times*, *SELF*, and *Massage Magazine* as well as contributing to two anthologies: *Women Celebrate*, and *Have I Got A Guy for You!* Lois also is the author of “Life is Talking...Are you Listening?” Audio Book.

See Lois in action in her video: <https://www.youtube.com/watch?v=5GzJ1M3oEUK>



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“First and foremost, your presentation was fantastic. I knew we were in for a treat when you started us with all the clapping & dancing. Your sense of humor, high interactive exercises and personal stories helped to bring home your positive message. My team could relate to the topics of energy drainers & gainers, and have learned to identify these habits & playfully use them around the office. They walked away enlightened both professionally & personally, and so did I. I now have a sign on the door that says only Energy Gainers allowed in. Can't fault a girl for trying!”

-Terry Gomes

L'Oreal Cosmetics, AVP Retail Sales, Company Store Division

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"Lois immediately energized the room through humor and compassion. It was exactly what our research personnel needed to lift them up after recovering from the effects of Sandy. Lois' session resulted in such positive feedback from our group. Thank you for providing tips for dealing with our stress and disguising it with entertainment and laughter!"

-Lois Mannon, Dir. of Research Education N.Y.U Language Medical Center

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"It's been a while since we've had a morning motivational get-up-on-your-feel type of speaker and it was a hit, and set the tone for the rest of the conference."

-Emily Synk, Governor (Society of Women Engineers)

Partial Client List

Areas of Focus Include: Humorous Motivational Keynotes, Women and Leadership, Women and Empowerment, Professional Development, Productivity, Stress Management, Work-Life Fit, and Communication Skills.

- Advertising Women of New York
- American Arthritis Foundation
- American Diabetes Association
- American Marketing Institute (AMA)
- American Red Cross
- Ann Taylor
- Association of Business Women of America (ABWA)
- Brooklyn College
- Caron Foundation
- Curves
- Daytop Village
- Elmburst Hospital
- Entrepreneur Organization (EO)
- Fairfield Maxwell Ltd.
- FITNESS Magazine
- FTF Financial Services
- Girl Scouts
- Grace Institute
- Hollins University
- Junior League
- National Life Financial Services
- Naval Underwater Warfare Center
- Newline Cinema
- NL Financial Services
- NYU Langone Medical Center
- Omega Holistic Institute
- Open Link Financial Technology
- Pace University
- Positive Directions, A Training Co.
- Professional Women in Collection
- Savvy Ladies Financial Services
- Society of Women Engineer
- The Young Women's Leadership Network (TWYLN)
- Woodhull Institute

"I highly recommend Lois Barth as an expert, speaker, or consultant."

-Lauren Purcell,

Executive editor, SELF Magazine

Call Lois Today to find out how she can help you and your company achieve their goals.

"We are a tough group of professional women who thought we had heard it all about reducing stress and what we need to do to build our careers... but we hadn't. Your presentation hit on so many issues we all face as women working in a fast-paced, high-pressure, male-dominated industry. You had us laughing at ourselves as you showed us how to truly take control of difficult situations and turn them into win-win opportunities for us and our clients. I look forward to hearing you speak again. Thanks again for your excellent presentation!"

-Jacquie Tannenbaum

Assistant Director NH Chapter, Women in eDiscovery