

# AnneBarab.com

## Why Anne Barab?

- You want a leading expert on personal excellence who will teach self-management tools to help people improve their adaptability skills.
- Your audience needs to learn how positivity in the workplace creates more effective leadership strategies to improve teamwork, productivity, creativity and job satisfaction.
- You want a fun, invigorating and engaging presentation with a strong call to action to improve individual and team performance.

## About Anne

Anne Barab is a personal excellence expert who helps people and companies adapt to change in a positive and productive way. If you think the key to happiness is achieving success, as many people do, then you've got it backwards. Positivity breeds happiness and happiness breeds personal success.

Her best-selling book *The Sooner You Laugh The Faster You Heal: How to Challenge the Assumptions that Ruin Your Life* is a humorous look at how people create their own dissatisfaction and unhappiness with absurd expectations about how the world "ought to be." A compelling motivational speaker, she confronts audiences with the truth of how to retrain your brain in order to move into the future with success and optimism.



Anne has walked her personal excellence talk. She's the former Chief Operating Officer of a \$1.5 billion mortgage bank, a recovering politician and a cancer thriver. She's been married to the same engineer for 43 years and raised three tax-paying adult children who have produced five of the cutest grandchildren in the history of the universe. But her greatest claim to fame is being voted Best-Smelling Mom by her son's first grade class.

She's been spreading the positive psychology good news to Fortune 500 companies, associations and nonprofits worldwide for nearly twenty years. If your audience needs to learn that individual behavior matters, and how positive and negative beliefs impact team engagement and performance, then you need Anne Barab.

AnneBarab

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## PROGRAMS

### **The Sooner You Laugh the Faster You Heal {Personal Excellence}**

*Every day we make assumptions about relationships, work, parenting, aging, health, and the list goes on. These unexamined expectations are the culprits responsible for creating most of our unhappiness and disappointments. The sooner we unmask and laugh at these unrealistic beliefs, the faster we unlock the doorway to personal and professional excellence.*

### **Happy Teams = Healthy Profits {Teamwork}**

*Happy teamwork increases profitability. Are your team skills in need of a fixer-upper? By mastering the five key behaviors of high performance teams, you can dramatically increase productivity and profits. It all begins with each member taking personal responsibility for their own teamwork performance.*

### **Help! My Leadership Reality Check Bounced! {Leadership}**

*The spirit in which we lead determines the outcome. Negative mindset generally leads to negative results. People want to follow positive leaders. Positive, reality-based thinking is a skill that creates constructive and supportive leadership behaviors. Transform your group dynamics with enduring leadership performance improvements.*

### **I Can't Hear You Over the Sound of My Own Voice {Communication}**

*Listening is the most important communication skill in nurturing any relationship. Mastering the art of listening for the speaker's greatest need is the key to successful sales, customer service, and teamwork. It even improves relationships with spouses and teenagers! Learn how to listen with your heart.*

### **You Can't Make Me Change Anything but My Underwear! {Change/Stress}**

*A positive state of mind is the best natural resource to combat the pressures of constant change and accelerating competition. Resistance and fear stifle productivity and cooperation in the workplace. Optimistic thinking is the currency that produces quality sales, superior customer service, and creative and flexible teamwork. Give yourself and your team the lifelong gift of learning how to think positively.*

### **I Had a Life Plan but the Magnet Fell Off the Fridge {Resilience/Life Balance}**

*Your professional and personal success depends on two things: your ability to "close the gap" between where you are now and where you want to be, and your willingness to adapt quickly. Master the skill of adapting and you eliminate the nagging fear of failure that keeps you stuck in the mundane. Retrain your brain to think positively because optimism breeds joy and joy breeds success.*

### **Anne's Keynote Programs and Training Topics:**

Any of the programs above can be tailored to fit your audience. Anne can do a large-scale keynote for a training day or conference, in-depth training session, awards luncheon program and much more. Contact [Info@AnneBarab.com](mailto:Info@AnneBarab.com) or call 214-729-0323 for a personalized fee quote to bring Anne to your next meeting!

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