



www.angbarnard.com

Ang Barnard

SPEAKER
COMMUNICATIONS CONSULTANT
& CAREER COACH

MEDIA KIT

Ang Barnard

KEYNOTE SPEAKER & COACH

Ang Barnard is an award winning strategic communications consultant, professional speaker and career coach who speaks on intentional life design and influential communication that's focused on strategically shifting energy (how people feel). She has provided communications training to many healthcare organizations, every single branch of the U.S. military, FBI agents, university and school district leaders, entrepreneurs, and public and corporate leaders across the globe. She has spent the past decade helping thousands of ambitious professionals navigate significant career transitions, develop a clear vision for their lives and careers, and learn how to communicate more intentionally to create the results they desire. Aside from speaking, she currently coaches thought leaders on how to write and deliver their TEDx talks. She also guides corporate leaders in developing their persuasive communication skills within workshops and small group coaching sessions.

She has a Master's Degree in Public Administration, is a U.S. Army Veteran, and a Certified Professional Coach. She hosts a top 1% globally ranked podcast called The Intentional Mind Podcast where she speaks about living and communicating more intentionally. As a self-proclaimed brain nerd, Ang loves to back up her teachings with science about how the mind works. When she isn't speaking or podcasting, you can find her sipping coffee, dancing at her lake home in Indiana, hiking or traveling galore with her family.





SPEAKING TOPICS

- ✓ **Ignite Your Influence:**
Communication Secrets for Personal & Professional Success
- ✓ **Energize Your Workplace:**
Unlocking the Power of Energy and Intentional Communication
- ✓ **Clarify Your Vision Workshop:**
Set Goals and Create a Vision That Aligns with How Your Brain Works
(A Fun Team Building Workshop)

PAST PARTNERS/CLIENTS



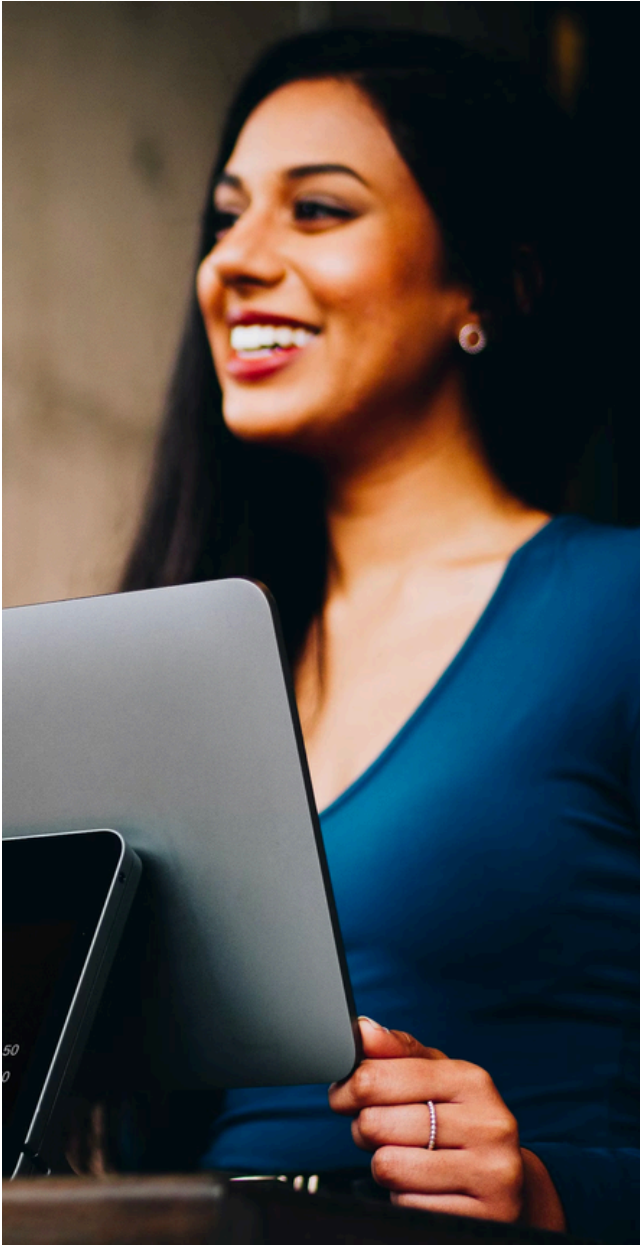
ANG'S FAVORITE INTERVIEW QUESTIONS

- What got you so interested in teaching about intentionality?
- What do the best communicators know how to do?
- What are your top three tips to authentically influence others?
- What's your advice for keeping your energy up when dealing with difficult things?
- What is the most important thing to know when intentionally designing your life?

Audience Member Testimonial:

“

"All I can say is 'Wow!' She is one of the most personable and engaging speakers and proctors I have ever encountered. Angela readily establishes trust and rapport with her group members and demonstrated advanced teaching and coaching abilities. She clearly has an impressive breadth and depth of knowledge in her field, but also possesses highly developed communication skills and keen judgement to discern how best to make that information easily relatable to diverse individuals. I give Angela my highest recommendation and I sincerely hope to have further opportunities to learn from her in the future as well." – Dr. James Fisher



WHO ANG WORKS WITH

Ambitious professionals who want to grow personally and professionally. They value being intentional with their time and making a meaningful impact. They're the kind of leaders who are not just interested in their own growth, but the growth of their team members, family and those they serve.

WHAT YOU CAN EXPECT

Ang is not just a motivational speaker, but strategic and transformational. She shares engaging stories used to convey memorable lessons that are relevant to her audience. She loves to include supportive, insightful research and recaps of key strategies. Prior to speaking, she aims to gain insight into her audience's greatest pain points and desires to shape her content to be most helpful. You can expect that after hearing her speak, you're audience will leave feeling inspired with strategies to improve their communication skills and take intentional action on their goals.



LET'S CONNECT

www.angbarnard.com
hello@angbarnard.com

[CLICK TO DOWNLOAD PHOTOS](#)

Keynotes

& WORKSHOPS

Ang speaks on two topics: authentic influential communication – high energy communication secrets that foster personal and professional success, and intentional life design – a brain-based approach to making your desires a reality. She also designs and leads customized leadership trainings and workshops focused on communication and team building.



KEYNOTE 1:

Ignite Your Influence: Communication Secrets for Personal & Professional Success

During this engaging keynote presentation, we focus on the profound impact our words and energy have on our results. We explore real-world examples that provide valuable insights into how the words we choose and the energy behind our communication directly impact our outcomes. Audience members leave with practical strategies to reduce catabolic (destructive) energy, resulting from negativity around them. They learn memorable communication strategies to cultivate anabolic energy – the uplifting, joy-filled productive energy that fosters an environment where people thrive personally and professionally.

KEY TAKEAWAYS

- ✓ Adapting your communication style to different situations and personalities for better outcomes
- ✓ Discovering how to inspire action and convey your ideas and vision in a compelling and persuasive manner
- ✓ Learning practical strategies to manage your own energy and create a positive presence in your interactions

GREAT FOR

Those wanting to learn how to communicate more intentionally in both their personal and professional lives, create an energizing workplace, boost performance and make a greater impact on those they serve. This talk is especially great for leaders who manage a team or whose successes depend on influencing others to buy into a service or treatment, as well as establishing great client relationships/experiences.

Customized

WORKSHOPS

Ang loves coming on-site to deliver a more “hands on” workshop/training to dive into the intentional use of our energy and communication strategies. While she has workshops designed, she is very interested in the goals of the event organizer and happy to customize the training/workshop to best meet the needs of the participants. This may include shortening or adding information to meet time limits, adding specific scenarios and activities to target common challenges or adding something to raise the energy and make people laugh. A popular workshop is described below.



WORKSHOP:

Energize Your Workplace: Unlocking the Power of Energy and Intentional Communication

In this engaging 90-minute training, participants will discover the science behind energy and communication in shaping workplace dynamics. Through practical tools and interactive activities, staff and leaders will learn to address challenging interactions, pitch ideas with confidence, and maintain personal energy for greater productivity and positivity. Attendees will leave empowered to build trust, inspire collaboration, and bring their best to work every day. They will receive an energy communication guide, learn more about their own energetic influencers and create a pocket book tool to improve their communication and energy levels for peak performance.

KEY TAKEAWAYS

- ✓ Understand the impact of energy on workplace outcomes and how to shift it effectively.
- ✓ Learn communication strategies to authentically influence other team members or clients.
- ✓ Develop practical tools to maintain personal energy levels for peak performance.

GREAT FOR

Those wanting to do a greater and more personalized deep dive into learning how to communicate more intentionally in both their personal and professional lives, create an energizing workplace, boost performance and make a greater impact on those they serve. This talk is especially great for leaders whose successes depend on influencing others to buy into a service or treatment, as well as establishing great client relationships/experiences.

Client Testimonials

HELPING OTHERS THRIVE SO THEY CAN HELP MORE PEOPLE

Ang has professionally career coached over 2000 leaders 1:1 and provided communications consulting and leadership training to every single branch of the U.S. military, FBI agents, university and school district leaders, business owners, and public and corporate leaders across the globe.

“

Angela is truly second to none in what she does! She provided the most engaging keynote and professional development session for our School Social Workers! Each of us left inspired and ready to do more to serve our students! I would wholeheartedly recommend Angela for professional development and coaching in any organization! I'm hoping to have her come back and speak to another group of professionals.

*Lakinsha Swinton - MSW,
Director of Employee
Services*

“

“

Angela spoke for a keynote and breakout session at our three day professional development event with an audience of both men and women. She engaged them all and got them happily participating in her activities. Her teaching on understanding energy as it relates to communication was so relative to all and we loved learning her goal setting strategies. She left us with great tools to live and communicate more intentionally. I got such positive feedback about her that I booked her for another leadership event!

*Angie Jimenez -
National Director & Event
Organizer*

“

Stage or Podcast Guest Introduction

INTRODUCING ANG AS A GUEST SPEAKER

Ang Barnard has been helping ambitious professionals successfully navigate career transitions and master influential communication for over a decade.

She's deeply passionate about helping people live and communicate more intentionally. She's consulted with every single branch of the U.S. military, the FBI, healthcare organizations, universities, school districts, and corporations worldwide. She's got a Master's Degree in Public Administration, is a U.S. Army Veteran, and a Certified Professional Coach.

Ang also coaches thought-leaders on how to deliver their TEDx talks and designs customized leadership and communication trainings. She hosts The Intentional Mind Podcast, a top 1% globally ranked podcast all about living and communicating more intentionally.

In her free time, Ang enjoys hiking, traveling with her family, hugging her fat cat and watching her baby boy laugh!

She's excited to dive into energy shifting communication strategies you can use to improve your life and career!