



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. She has provided communications training to 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
- ✓ **From Vision to Reality:**
The 4 Step Framework to Create the Results You Desire
- ✓ **Clarify Your Vision Workshop:**
Set Goals and Create a Vision That Aligns with How Your Brain Works

PAST PARTNERS/CLIENTS

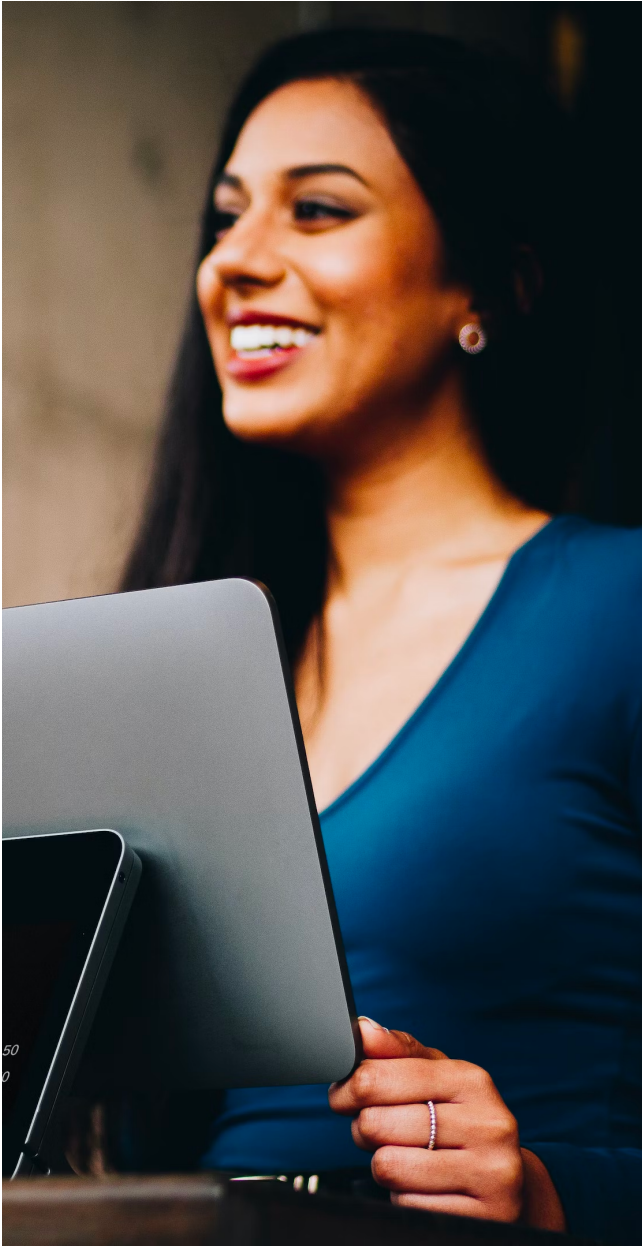


ANG'S FAVORITE INTERVIEW QUESTIONS

- 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 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.



KEYNOTE 1:

Ignite Your Influence: Communication Secrets for Personal & Professional Success

During this engaging keynote presentation, we will explore real-world examples that provide valuable insights into how the words we choose and the energy behind our communication directly impact our outcomes. You'll discover practical strategies for reducing catabolic (destructive) energy, resulting from negative colleagues or customers. You'll learn communication secrets to cultivate anabolic energy – the uplifting, joy-filled productive energy that fosters an environment where people thrive and customers keep coming back.

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.

Keynotes

& WORKSHOPS

Ang's breakout sessions and workshops foster engagement and include activities that are meaningful to the audience's desired outcomes. Sessions always include learning from examples, and creating a plan with next action steps. Current breakout sessions and workshops take a deeper, more interactive dive into keynote topics.

Current Workshops & Team Building Activities:

- Energize Your Workplace: Learn Communication and Energy Shifting Tools to Influence Team Members and Customers (90 minutes or 45 minutes mini version)
- Clarify Your Vision Live: Set Goals and Create a Visual That Aligns with How the Brain Works (3-4 hours, half day retreat or 90 minutes mini version)

KEYNOTE 2:

From Vision to Reality: The 4 Step Framework to Create the Results You Desire

In today's fast-paced world, it's easy to get wrapped up in the daily to dos and to keep saying, "I'll do that thing on my heart or achieve those goals "someday," but we all know someday never comes. We must be intentional about creating the results we desire or we won't create them. This involves training our minds to be who we want to be and aligning our time and energy with our visions. In this keynote talk, we will explore the 4 step framework to bring your desires into reality to empower audiences to show up more intentionally in their work and lives.

KEY TAKEAWAYS

- ✓ Reframe how you view "problems" or what it is you don't want, contrast = clarity, problems = opportunities
- ✓ Discover what is needed to bring your life & career goals into reality, the 4 step framework
- ✓ Reflect on WHO you need to be, the environment and habits you need to create the results you desire

GREAT FOR

Ambitious professionals or leaders looking for something fun and different to inspire their team members to be more intentional with their time and energy, show them they value them personally and professionally, and create an engaged and productive team. This talk and accompanying workshop/breakout session is especially great for leaders wanting to energize their team and improve their connection to one another.

Client Testimonials

HELPING OTHERS THRIVE SO THEY CAN HELP MORE PEOPLE

Ang has professionally career coached over 2000 individuals 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*

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The Podcast

INTENTIONAL MIND PODCAST

Do you feel like you were meant for more? Want to do work that is more meaningful to you? Want to be more intentional with your life in general? If so, this is the podcast for you!

MOST DOWNLOADED EPISODES

Ep 162: Enjoying Life vs. Being Overwhelmed by It - 3 Tools to Shift Your Energy

Ep 167 : 3 Hacks to Become a More Confident Communicator

Ep 135: 3 Secrets to Being Your Most Relaxed and Productive Self

Ep 128: 3 Simple Morning Habits That Make Everything Else Easier

STATISTICS

120k+

podcast downloads

5k+

average monthly downloads

165+

podcast reviews

5.0

podcast rating

PODCAST AUDIENCE

80%

women

70%

30-45 yrs old

87%

USA

Stage or Podcast Guest Introduction

INTRODUCING ANG AS A GUEST SPEAKER

Ang Barnard is the real deal in the world of communication and career coaching. She's been helping ambitious professionals make major career strides and master influential communication for over a decade.

But Ang isn't your average consultant. She's worked with everyone from the military to the FBI and has coached leaders in 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.

On top of all that, Ang coaches thought-leaders on how to land, write and deliver their TEDx talks. She also hosts The Intentional Mind Podcast, ranking in the top 1% globally. In the podcast, she delves into intentional living and communication.

In her free time, Ang enjoys hiking, globetrotting with her family, and relaxing at her lakeside home in Indiana. So, that's Ang Barnard – a pro in career design and communication, with a knack for making the most of life outside of work.