



Barbara  
**BADOLATI**

*be well be blissful*

**40%**

of people  
experience  
persistent stress  
or excessive  
anxiety daily

**51%**

of workers say  
relationships  
with peers are  
unproductive

**43%**

state  
relationships  
with superiors  
are challenging

**75%**

say work stress  
interferes with  
their personal  
lives

**\$300B+**  
per year in workplace stress

### For Yourself • Your Organization Your Community • Our World

- Build Resiliency
- Reduce Stress
- Increase Engagement
- Do Less, Achieve More
- Think More Clearly
- Prevent Burnout
- Improve Sleep, Memory & Concentration

# work/life wellness **SPEAKER TOPICS**

#### **YOGA FOR DESK JOCKEYS**

Relief Stress, Release Stiffness and Reset Productivity

#### **SWEET SLUMBER**

Get Out of the Zombie Zone, Wake Up Alert and Refreshed

#### **FROM CRAZY TO CALM**

Strategies to Stay Calm and Carry on Anytime, Anywhere

#### **MEDITATE LIKE A MONK**

Tame Your Monkey Mind, Train Your Brain for Focus and Resilience

#### **IGNITE YOUR FIRE**

Manage Your Energy Systems to Prevent Burnout, Restore Balance

#### **BURDENS TO BLISS**

Mindful Practices to Increase Happiness, Abundance and Presence

#### **DO LESS, ACHIEVE MORE**

Utilize Kairos Time to Eliminate Overwhelm, Frustration and Mistakes

#### **SELF-CARE MOJO**

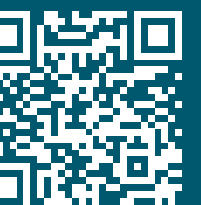
Manage Everyday Life with Practical, Easy and Accessible Wellness Blends

### **LIVE/VIRTUAL COACHING, TRAINING & WEBINARS**

Barbara tailors her bliss presentations to meet the needs of the organization and the desires of the audiences.

**Schedule HERE for Speaker Inquiry**

<https://barbarabadolati.as.me/speaking>





# work/life wellness **SPEAKER** **LIVE BLISSFUL**

**Barbara Badolati** founder of Live Blissful and BeWell Retreats is an international speaker who lights up the room with her well-being of bliss. As an entrepreneur she has been a key player in the evolution of worksite wellness since 1984. She has opened several yoga studios, developed and taught productivity performance to hundreds of organizations, coached thousands in personal growth and has lead wellness retreats world-wide.

Barbara's educational background is rooted in positive psychology, neuroscience, exercise physiology, health and life coaching, yoga, breathwork and somatic therapies which she weaves with heart-felt intention and intuitive gifts.

She is a best selling author of *Sleep Blissful, 15 Ways to Naturally Fall Asleep, Stay Asleep and Wake Refreshed*, the creator of *The Sleep Blissful Bundle*. Barbara has graced the stage as a TEDx speaker, and has been selected as a teacher for meditation and mindfulness apps such as; InsightTimer.

As a public speaker, she infuses her audience with energy, knowledge and know-how so they can make a profound impact in their health and lives.

because: *Life is meant to be Blissful*

I would recommend Barbara Badolati as a speaker for any organization seeking an effective and interesting presentation. Our employees were impressed with her knowledge and how much she covered. In fact, 93% would love to have her present again. The information was excellent and 77% plan to put it to practical use.

**Cathy Nichols, Team Leader**  
**Blue Cross Blue Shield of Michigan**

Barbara Badolati delivers a spirited and educational presentation. Her cutting-edge information and inspiration made it one of the best conferences ever, as noted from the positive evaluations. She is a well prepared and a delight to work with.

**Paulette Valliere, PhD, Program Director,**  
**Michigan Department of Community Health**

Barbara did a wonderful job in our mindfulness session. In fun and creative ways, she showed us how being present in the moment can really change not only the way we see a situation, but also in how we react to the things life throws at us. I love using the techniques she taught us to use mindfulness in my everyday life.

**Megan Morales, Human Resources,**  
**Wunderman Thompson**



Michigan Department of Community Health



WUNDERMAN THOMPSON



National Wellness Institute



**TEDx TALK**



**SPEAKER REEL**



**YOU TUBE CHANNEL**

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