



Meditation & Mindfulness Facilitator
Author * Speaker * Trainer



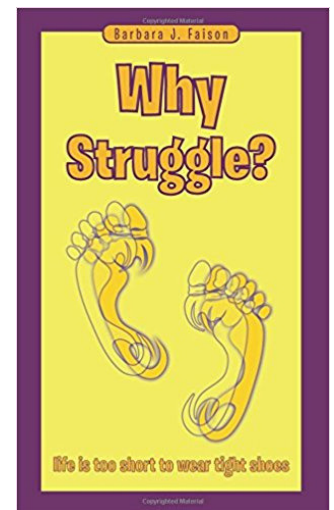
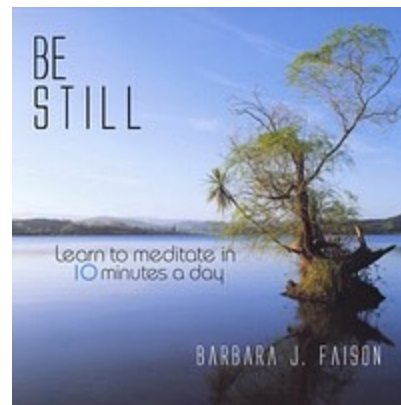
Barbara J. Faison shares practical ways to help you struggle less and enjoy life more. She is the author of the life affirming book, *Why Struggle? life is too short to wear tight shoes* and the audio program, *Be Still: Learn to Meditate in 10 Minutes a Day*, available as a download and on Spotify.

TOPICS

- Mindfulness, Meditations & More
- Meditations & Conversations
- A Slice of Silence Meditations
- Just Breathe: Conscious Meditations
- Mindful Practices for organization

AVAILABLE PROGRAMS

- Lunch & Learn (Meditate)
- Professional development
- Mindfulness/meditation (virtual or onsite)
- 1- 2 hour programs
- 1/2 day workshops
- Keynotes



"Barbara helped me start a meditation practice. A game changer!"
- KH, business professional

To schedule, contact, and connect:

Barbara J. Faison

barbara@barbarafaison.com

404-783-7572

