



BARBARA BIZIOU

PRACTICAL SPIRITUALITY + POWERFUL RITUALS
= LIFE CHANGING RESULTS

“ Ritual is the spiritual technology of the 21st Century. Without practical spirituality and powerful rituals in our lives, it's like having a body without a backbone. ”
— **Barbara Biziou**

Barbara is an agent of change who integrates her extensive knowledge of practical spirituality; global rituals, psychology, neuroscience and business to help people around the world make simple choices that lead to life-changing results. Her personable speaking style, down-to-earth story telling, and remarkable knowledge have enriched the lives of hundreds of thousands participants over the last three decades. Bringing her signature warmth, wisdom, and enthusiasm to every engagement, Barbara creates an environment of trust and intimacy for all of her audiences. Renowned for translating ancient wisdom into modern tools, Barbara's uses techniques that are simple and relevant to everyday life challenges. She has inspired life transformations for a mix of powerful professionals, seasoned entrepreneurs and baby-boomers in transition. Barbara has also consulted with major corporations such as the International Red Cross, Coca-Cola, Equinox Gym, Morgan Stanley, Lord & Taylor, and Weight Watchers to help build change in their corporate culture. Barbara is the author of *The Joy of Ritual & The Joy of Family Rituals* as well as a Huffington Post blogger, executive consultant, workshop facilitator, dynamic public speaker, and national TV personality. Barbara has also appeared as a guest expert on many network morning shows including Fox and was showcased as the life coach on Morgan Spurlock's *30 Days* on FX. Her work has also appeared in numerous print and digital publications, including *The New York Times*, *NY Magazine*, *The Chicago Tribune*, *Body and Soul*, *Harper's Bazaar*, & *Oprah.com*. Additionally, she is a faculty member at AMA, Creating WE Institute, One Spirit Learning Alliance, New York Open Center and Kripalu Center.

“ Barbara's rituals are a roadmap to celebrating life. They will be a great companion on your journey to attaining clarity, balance, and calmness amid the chaos of life.”
— **Donna Karan**, fashion designer and philanthropist

“ Barbara Biziou is my go-to-guide for all life rituals. She is a soulful teacher and leader. I recommend her work to all.”
— **Gabrielle Bernstein**,
New York Times bestselling author

Barbara specializes in three specific areas:

Personal Transformation, Business & Workplace Transformation and Global Transformation

SOME SELECTED TOPICS INCLUDE

- **Simple Solutions for Stress:** Staying Calm & Focused in The Midst of Chaos
- **Finding Your Soul's Gold:** Practical spirituality for living an authentic life
- **Sizzle:** Enhance Your Love Life with Powerful Rituals
- **The Hidden Secrets of Holidays:** How and why rituals bring more happiness to your holidays
- **The 30 Days Release and Rebuild Program:** Jumpstart your transformation
- **How to Rewire Yourself for Success:** Yes, old dog baby boomers can learn new tricks - including fetching more money and fulfillment!
- **Supercharge Your Workplace Success:** Rituals to the Rescue!
- **Tap Into The Full Power of Women in Action** in the 21st Century
- **Making Relationships Work In Today's Global Village:** The Importance of Understanding Cultures and Traditions

Note: all of Barbara's speaking engagements can be tailored to suit her client's needs, from a 30 minute or one hour format, full day, and weekend immersive workshop.

TO BOOK BARBARA TO SPEAK, CONTACT: BOOKINGS@BARBARABIZIOU.COM

