

Barbara J. Faison, Life Strategies Expert/Author/Speaker
Available for Workshops, Seminars, Retreats and Group Programs



“Actors act. Singers Sing. Dancers Dance. Artists create Art. Do or be whatever it is you want to do or be with passion.”

Life is challenging. Life is wonderful! Life is exhilarating! Just wait one second and your thoughts about life will certainly change! Life is _____. The blank changes each moment that we live because our experiences color what we believe about life. Barbara’s Living by Design Programs will help you learn tips, tools, and techniques to embrace life’s unpredictable journey with ease and grace.

Living by Design Programs

Workshop Title

Shhh... It’s Quiet Time
Why Struggle? Life changes
Be Still: Why do that?
Get On a Life System

Workshop Topic

Meditation/Mental Focus
Life Balance/Stress Management
Stress management/Meditation
Goal setting/Life Strategies

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Barbara J. Faison is the author of the 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***. Her book, ***Why Struggle?*** has been called a “mini reference manual” for personal development and the audio program, ***Be Still***, is used by students and adults to help them learn to relax, release and recharge. To read or listen to excerpts or to purchase copies of Barbara’s book and audio program visit www.barbarafaison.com.