



# Meditation & Mindfulness Facilitator Author \* Speaker \* Trainer



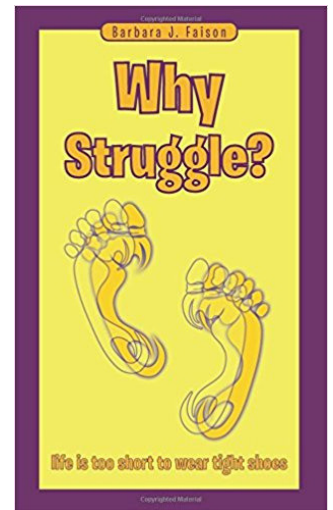
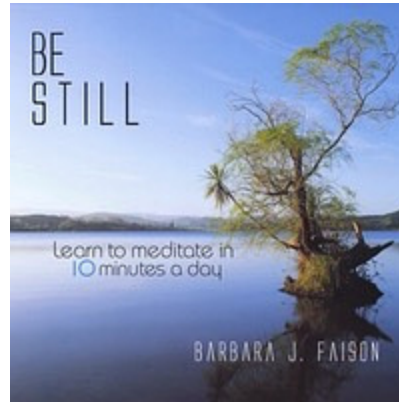
Barbara J. Faison shares practical ways to help you struggle less and enjoy life more. She is the author of the life affirming book, *Why Struggle? life is too short to wear tight shoes* and the audio program, *Be Still: Learn to Meditate in 10 Minutes a Day*, available as a download and on Spotify.

## TOPICS

- Mindfulness practices
- Meditation
- Creating sustainable life practices
- Thriving through Stress

## 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**

