

Barbara A. Berg M.S.W., L.C.S.W.

Speaker on Stress Management and Success, Award-Winning Author,
Corporate Stress Management Consultant and Psychotherapist



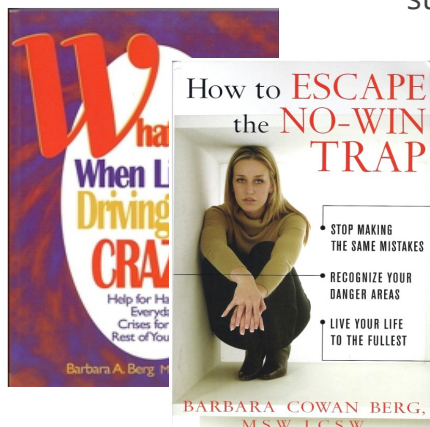
Barbara A. Berg is a speaker and award-winning author specializing in communication skills, stress management, and relationships, both at home and on the job. For over 20 years, she has worked in private practice, conducting counseling and psychotherapy in Southern California. She specializes in helping her clients have “successful midlife crises” and how to live life more authentically — and with increased success.

Known for her fun, engaging and interactive style, Barbara has been a keynote speaker at numerous events and conferences, and has conducted over 450 workshops and interviews.

Since 1993, Barbara’s focus and training has led her to conduct workplace stress management groups and individual meetings at corporate sites after critical incidents, complex events, and major transitions throughout Southern California.

She is the author of two books on the topic of stress management: “What to Do When Life is Driving You Crazy!” and “How to Escape the No-Win Trap,” (McGraw-Hill, 2004).

Barbara is passionate about helping people from all walks of life who seek healing from the past and want more love, balance, joy and success at home and in business.



Audience participants can achieve impactful insights and can better manage stress, increase their productivity, and learn how to create more balance, joy and options in all areas of life.

Topics:

- * From Stressed to Success!
- * The 10-Minute Daily De-stressor
- * Communicating with authentic expression
- * How to have successful mid-life crises—regardless of age or stage
- * From Survive to THRIVE

Contact Barbara Berg: 909.786.7201 | Babsberg@earthlink.net