



# INSPIRATION FOR TRANSFORMATION

## WOMEN, EMPOWERMENT & MINDFULNESS

Ana Barreto is a Brazilian-American author, transformational teacher, coach, and speaker dedicated to empowering women to find balance and fulfillment. She brings 35+ years of business experience with a bachelor's degree in business and an MBA.

After overcoming burnout and self-sabotage in her corporate career, Ana discovered her passion for guiding others towards greater purpose and joy.

Through her books, courses, meditations, and inspirational content, she provides practical advice and motivation to help professional women build confidence, embrace self-care, and create the lives they truly desire.

### KEY TOPICS

- The Umbrella Effect (Leadership)
- Embrace Your Success (Motivational)
- Timefulness - The new Time Management (Skills)
- A Cash Course in Confidence (Motivational for women)
- MBTI and Mindfulness (Stress Management)



**SPEAKER AND TEACHER:**  
**ANA BARRETO**

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