

ANA BARRETO



MEDIA KIT

Women, Empowerment & Mindfulness

ABOUT ANA BARRETO

Ana Barreto is a powerful voice for women rewriting the rules of success. She has built her career helping women overcome limiting beliefs, build confidence, and step into leadership roles with intention and impact.

Through coaching, writing, teaching and speaking, she challenges women to own their worth and create careers on their terms. Ana brings a deep understanding of the internal and external barriers women face in business—and the tools to break through them.

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

Ana Barreto brings 36+ years of business experience with a bachelor's degree in business and an MBA. She worked in the Hospitality Industry in the US and abroad.

She is the founder of the Mind, Body & Wisdom School for Women, and her writing, motivation talks, meditations, and courses have been featured at Insight Time, Mind Bliss, Best Self, and others.



SPEAKER AND TEACHER:
ANA BARRETO

BOOK ANA TODAY

SOCIAL MEDIA

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BOOKS BY ANA BARRETO



Books for Women's Spirit by Ana Barreto



Empowerment



"Look to the woman on your right, then to your left, and see that at least one of you is in trouble.

The time has come for every woman to carry an umbrella and show the world around them how prepared they are."

-Ana Barreto



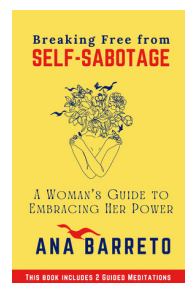
**16 Practices to
Avoid Burnout**



**8 Tools to
Improve Your Life**



**Break the Pattern
of Self Sabotage**



Women can be powerful leaders by embracing a holistic approach that integrates mind, body, and spirit. This approach allows women to bring their full, authentic selves to leadership without compromising their integrity, values, or well-being.

ANA'S WORK

PROGRAMS BY ANA BARRETO



Embrace Your Success
(Motivational)



The Umbrella Effect (Leadership)



Timefulness – The New Time
Management (Skills)



A Crash Course in Confidence
(Motivational)



MBTI and Mindfulness (Stress
Management)



Mindfulness at Work



Empowerment

Women

AVAILABLE FOR WORKSHOPS, CONFERENCES, AND RETREATS
PLEASE SCHEDULE A CONSULTATION CALL

Mindfulness



IN AN INTERVIEW ANA CAN TALK ABOUT

- Mindfulness practices for women's self-care and well-being will help women cultivate self-awareness, reduce stress, and promote emotional resilience.
- Holistic Leadership – The approach allowing women to bring their full, authentic selves to leadership without compromising their integrity, values, or well-being, based on her book, *The Umbrella Effect*.
- How to Avoid Burnout: Based on Ana's book *Self-Trust: A Healing Practice for Women Who Do Too Much*, this book teaches women how to avoid burnout and learn daily practices to honor the body, mind, and spirit.
- Strategies for cultivating unshakable Self-Confidence by identifying and dismantling impostor syndrome through self-compassion.
- How to achieve harmony between Work and Life by having clarity about values, clear boundaries, and priorities.
- The top three mistakes women must stop making and what to do instead to achieve the success they desire.



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For a full media kit, visit
www.ana-barreto.com/about

SAMPLE INTERVIEW QUESTIONS

- WHAT ROLE DOES MINDFULNESS PLAY IN CULTIVATING CONFIDENCE AND RESILIENCE FOR WOMEN IN VARIOUS ASPECTS OF THEIR LIVES?
- WHAT ARE SOME KEY STRATEGIES FROM YOUR BOOK "THE UMBRELLA EFFECT" THAT AUDIENCES COULD APPLY IN THEIR OWN LIVES TODAY?
- WHAT ARE SOME OF THE BIGGEST CHALLENGES WOMEN FACE IN LEADERSHIP ROLES, AND HOW CAN MINDFULNESS PRACTICES HELP THEM OVERCOME THESE OBSTACLES?
- WHAT DOES "EMPOWERMENT" MEAN TO YOU PERSONALLY, AND HOW HAS THAT UNDERSTANDING EVOLVED IN THE BUSINESS SETTING?
- YOU TALK ABOUT INNER GUIDANCE IN YOUR BOOKS. WHY IS THIS A MESSAGE WOMEN NEED TO HEAR?
- WHAT ARE THE NINE POWERS OF WOMEN, AND WHY IS IT IMPORTANT FOR WOMEN TO KNOW AND EMBRACE THEM?
- COULD YOU SHARE SOME PRACTICAL MINDFULNESS TECHNIQUES THAT WOMEN CAN INCORPORATE INTO THEIR DAILY ROUTINES TO REDUCE STRESS AND INCREASE OVERALL WELL-BEING?
- HOW CAN MINDFUL PARENTING PRACTICES HELP EMPOWER YOUNG GIRLS AND INSTILL A STRONG SENSE OF SELF-WORTH FROM AN EARLY AGE?
- COULD YOU DISCUSS THE IMPORTANCE OF CREATING SUPPORTIVE AND INCLUSIVE WORK ENVIRONMENTS FOR WOMEN AND HOW MINDFULNESS CAN CONTRIBUTE TO FOSTERING SUCH CULTURES?
- IN YOUR OPINION, WHAT ARE SOME EFFECTIVE STRATEGIES FOR ACHIEVING A HEALTHY WORK-LIFE BALANCE WITHOUT SACRIFICING PERSONAL OR PROFESSIONAL GROWTH?
- WHAT ADVICE WOULD YOU GIVE TO WOMEN STRUGGLING WITH IMPOSTER SYNDROME, NEGATIVE SELF-TALK, OR LACK OF CONFIDENCE?