



# Barbie Moreno

Speaker & Resilience Coach

## IT'S NICE TO MEET YOU!

Barbie Moreno is a Resilience Coach dedicated to helping individuals navigate the intricacies of trauma, understand the science behind their responses, and find pathways to healing.

With 1 in 5 adults in the United States experiencing mental illness each year and 60% reporting some form of abuse, Barbie's mission is deeply personal. Having faced her own struggles, she is on a journey to change the way we approach healing.

Barbie believes that the modern mental health system is fundamentally flawed. It often focuses on treating symptoms rather than addressing the whole person, their unique history, and the developmental impact of that history on their brain.

Through practical techniques grounded in empathy and compassion, Barbie guides her clients in breaking free from limiting patterns and moving towards a life of authenticity and fulfillment. Her approach integrates holistic transformation with science-based practices, to create deep personalized transformation.

## SPEAKER TOPICS

- Redefining Success: Balancing Career, Family, and Inner Peace
- How to Cultivate Resilience
- The Science of Self-Compassion
- Breaking the Trauma Cycle for High-Achieving Women

## CONTACT ME

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"...At my lowest point, I discovered the vital role of compassion for myself and others. My recovery involved healing my body, mind, and spirit."

## TESTIMONIALS

"IT WAS A SURREAL EXPERIENCE AND INCREDIBLY HEALING FOR ME."

"BARBIE ENCOURAGED ME TO PURSUE THE LIFE I WANT AND DESERVE."