



Lois Barth

- HUMAN DEVELOPMENT EXPERT
- KEYNOTE & WORKSHOP SPEAKER
- CERTIFIED LIFE AND EXECUTIVE COACH
- AMAZON #1 BEST SELLER AUTHOR
- CELEBRATOR OF LIFE, LEARNING, & LAUGHTER

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“**We all have an inextinguishable light within us, but sometimes life puts us on Dimmers! Yet with a few simple and profound shifts we can step into the Courage to SPARKLE!**”

Lois Barth champions groups and individuals to thrive both personally and professionally by integrating her unique 4C (curiosity, compassion, connection, and courage) methodology. As a result, they experience greater well-being, enhanced motivation, productivity, and engagement.

“ People Learn Best in an Environment that’s Upbeat, Creative and Fun. ”

Lois’ programs are highly interactive, upbeat and integrate funny & thought-provoking stories, as well as movement and exercises that are based in brain science to champion participants to step into their confidence, courage, and create sustainable results.



She was the life coach for three of the most prestigious and long running makeover campaigns in women’s magazines; SELF, FITNESS, and FITBLOG (Sears). Her book “Courage to SPARKLE,” was an Amazon #1 Best Seller, and as an industry expert, she has been quoted in The New York Times, The Wall Street Journal, Fast Company, SELF, MSN.com, and many others. She speaks regularly around the country for corporate, associations, non-profit, and entrepreneurial groups.



Watch Lois in Action

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Lois' Most Requested Programs:

- Courage to SPARKLE: Creating a Life That Lights You Up
- Leading with your Sparkle When The Pathway is Dim
- Radical Resiliency During Really Challenging Times
- Communicating with Power, Passion, and Pizzazz
- Teams 2.0: Upgrading Your Teams Operating System
- Shattering Your Inner and Outer Glass Ceiling
(DEI-women)
- Lois' "Let's Get it Handled Day"



What Clients Are Saying:

"First and foremost, your presentation was fantastic. I knew we were in for a treat with all the clapping & dancing. Your sense of humor, high energy, and interactive exercises as well as personal stories helped to bring home your positive message. My team walked away with their SPARKLE, both professionally & personally, and so did I."

-Terry Gomes, AVP Retail Sales, L'Oreal



"It's been a while since we've had a morning motivational get-up-on-your-feet type of speaker and it was a hit and set the tone for the rest of the conference."

-Emily Synk, Governor (Society of Women Engineers)



"On behalf of the ACCRM Executive Committee, thank you! Your presentation was fantastic!! Your positive energy and hilarious stories had everyone engaged, both onsite and online! The crowd really appreciated the emphasis on self, improving their output, and even improving their mood. We are so grateful to you for returning to NYU Langone for a 10-year reunion to speak to the ACCRM members. Thank you so much for helping our workforce to be their best!"

-M'lis Kendrick, MA, Sr. Education Specialist (OSR)



Book Lois for your next event