

Laura Lewis-Barr

Speaker/Trainer at Training 4 Breakthroughs

Glen Ellyn, IL, US

Musical Comedy Actress + Educator = Lively Learning!

Biography

Laura Lewis-Barr, M.A, 6SecCert., DDI Cert. is a former musical comedy actress, award-winning playwright, trainer, and corporate consultant. Laura has been teaching and coaching adults for over 15 years. Laura began graduate studies in Counseling Psychology but eventually returned to the theatre and earned a Masters Degree in Performing Arts. Using her extensive theatre background, Laura creates lively keynote speeches and training workshops on a wide variety of topics including: dynamic presentation skills, emotional intelligence, time management, conflict resolution, creativity, and customer service. She is also a Six Seconds Emotional Intelligence Certified trainer and a certified trainer through Development Dimensions International.

Availability

Keynote, Workshop, Host/MC, Author Appearance

Industry Expertise

Library and Information Management, Education/Learning, Religious Institutions, Manufacturing

Areas of Expertise

Emotional Intelligence, Time Management, Presentation Skills

Affiliations

6 Seconds Emotional Intelligence Certified Trainer, Development Dimensions International Certified Trainer

Sample Talks

Emotional Literacy - Learning to be Smart with Feelings

Emotional Literacy - Learning to be Smart with Feelings. Are your emotions friend or foe? According to Time Magazine, "Emotional intelligence may be the best predictor of success in life." Many experts now feel that EI is a better predictor of achievement than IQ. Emotional Intelligence is a new field that utilizes brain research to confirm two vital ideas: emotions offer us a unique kind of knowledge AND we can learn to manage our emotions intelligently. We will explore: how emotions function and why they are so hard to manage. the purpose of emotions. the benefits of "emotional literacy" at work-- recognizing the early stages of conflict, communicating more authentically, deepening our empathy and improving our decision-making.

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