





BARB GARRISON, CC


CONNECT WITH BARB GARRISON:


 www.internalgroove.com/meet-barb-garrison


 coach@internalgroove.com

 (720) 428-8135

 @internalgroove

 internalgroove1

 in/barbgarrison

 /barb.garrison
/InternalGroove

BIO:

Barb Garrison is a Career & Money Breakthrough Coach and “Job-You-Love” expert at Internal Groove, the company she founded 14 years ago. She helps burned out, success-driven professionals who are just going through the motions design a career, based on their TRUTH, that makes them leap out of bed even on Monday mornings. The creator of The Job I Love Revolution, Barb supports corporate executives and entrepreneurs to move from self-doubt and burned out to relief and freedom.

After 18 years in marketing and surviving corporate burnout herself, Barb combines her experience as a mentor, marketer, corporate director, consultant, and two-time entrepreneur with her passion for self-discovery. She has degrees in Psychology and Mass Communications, plus 3 professional coaching certifications. Informed by your natural gifts and highest truth, Barb is an expert at designing creative career solutions you might not see on your own. She can be found working one-on-one with clients around the country, in private retreats with those who fly in to work with her, plus teaching from the stage at workshops and leading mastermind groups.

After relocating from a fast-paced life in Los Angeles, Barb fulfilled her grand plan and lives with her husband at the foot of the Rocky Mountains in Boulder, CO.

INTERVIEW TOPICS:

- Why There's No Such Thing As Bad News In Your Career
- Transforming the Job You Have Into a Job You Love
- Unexpected Sources of Career Stress & Your Boss Isn't Even On the List
- How To Grow Personally to Thrive Professionally
- Your Inbox Will Never Be Empty & Your Purpose Can't Wait

SAMPLE QUESTIONS:

1. What are the biggest mistakes people make in their careers?
2. What do you do if you hate your job, but have no idea what to do instead?
3. How do you know if being an entrepreneur is right for you?
4. What if what you're passionate about doesn't pay the bills?
5. Have you always done work you were truly meant to do?