

GUACY BARNES





“

It's a testament that even
in our darkest hours,
purpose can spark,
illuminating
the path forward.

Guacy Barnes

”

Guacy Barnes

RISE. TAKE ACTION. OWN YOUR POWER.

**Certified Trauma & Resilience Specialist
Mindfulness Meditation Teacher
Keynote Speaker & Transformation Expert**

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ABOUT Guacy

- Certified Trauma & Resilience Specialist
- Mindfulness Meditation Teacher
- Keynote Speaker & Transformation Expert

(480)779-9454
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Guacy Barnes is a powerhouse keynote speaker and transformation expert, dedicated to helping others break through limitations and take bold, purpose-driven action. As a Certified Trauma Support Specialist, Resilience Professional, and Mindfulness Meditation Teacher, Guacy delivers high-impact strategies that empower individuals and organizations to embrace resilience, accountability, and intentional growth. Through her signature Path to Purposeful Transformation framework, she challenges audiences to rise above adversity, gain clarity, and build lives of purpose, and fulfillment.

Guacy's presentations are designed to provide attendees with actionable steps towards building a purpose-driven life and overcoming obstacles. By sharing her own experiences and lessons learned, Guacy creates a supportive environment where individuals feel empowered to embrace change and pursue their dreams.

TRANSFORMATION ADVOCATE



HAVING OVERCOME HER OWN CHALLENGES, INCLUDING 20 YEARS OF ONGOING EMOTIONAL, PSYCHOLOGICAL AND SEXUAL RELATIONAL ABUSE, GUACY BRINGS A UNIQUE PERSPECTIVE TO HER PRESENTATIONS.

WITH A DEEP UNDERSTANDING OF THE TRANSFORMATIVE POWER OF CHANGING BELIEF SYSTEMS AND ALIGNING ACTIONS WITH PURPOSE, GUACY EMPOWERS HER AUDIENCE TO EMBARK ON THEIR OWN JOURNEYS OF SELF-DISCOVERY AND TRANSFORMATION.

THROUGH ENGAGING STORYTELLING, PRACTICAL INSIGHTS, AND INTERACTIVE EXERCISES, ATTENDEES WILL GAIN VALUABLE TOOLS AND STRATEGIES TO NAVIGATE CHALLENGES AND PURSUE THEIR GOALS WITH PURPOSE.

Services Overview

Guacy Barnes is a powerhouse keynote speaker, and Transformation expert, dedicated to helping others break through limitations and take bold, purpose-driven action. As a Certified Trauma Support Specialist, Resilience Professional, and Mindfulness Meditation Teacher, Guacy delivers high-impact strategies that empower individuals and organizations to embrace resilience, accountability, and intentional growth. Through her signature Path to Purposeful Transformation framework, she challenges audiences to rise above adversity, gain clarity, and build lives of purpose, and fulfillment.

SIGNATURE KEYNOTE

THE PATH TO PURPOSEFUL TRANSFORMATION

Workshops & Workbooks

1. The Path to Purposeful Transformation
2. Introspective Awakening
3. Resilience and Emotional Mastery
4. Steady and Clear: Embracing Discomfort
5. Self-Compassion: Fueling Growth, Guiding Others
6. Purpose to Progress: Align. Act. Transform

AVAILABLE FOR

- Keynotes
- Conferences
- Podcasts
- Partnership
- Collaborations
- Media Features
- Workshops
- Corporate Events
- Seminars
- Webinars
- Summits
- Lunch and Learn
- Consulting

TOPICS

Personal Growth & Purpose

- Self-Discovery & Personal Growth
- Confidence & Self-Compassion
- Grounding & Self-Care
- Meditation & Mindfulness Practices
- Empowerment & Authentic Living
- Boundaries & Goal Setting

Mindset & Emotional Mastery

- Emotional Intelligence
- Cognitive Reframing & Mindset Shifts
- Perception & Belief Systems
- Self-Regulation & Trigger Management
- Stress Management & Resilience
- Feelings, Emotions & Awareness

TOPICS

Connection & Communication

- Vulnerability & Connection
- Compassion & Empathy
- Effective Communication
- Relational Healing & Conflict Resolution
- Relationships & Attachment
- Active Listening & Communication Mastery

Healing, Recovery & Transformation

- Trauma, Abuse & Healing
- Addiction & Recovery
- Navigating Change & Uncertainty
- Emotional Resilience & Accountability
- Trauma-Informed Care Approach
- Anxiety, Depression & Emotional Support

Keynote DESCRIPTION

THE PATH TO PURPOSEFUL TRANSFORMATION

Description

Historically, conversations about purpose, vision, and mission have often been relegated to boardrooms and leadership retreats. However, in today's fast-paced and ever-changing world, these concepts have become essential not only for organizations but also for individuals seeking fulfillment and success.

In this empowering keynote presentation, Guacy Barnes, a Certified Trauma Support Specialist, a meditation teacher and experienced public speaker, shares her personal journey of overcoming challenges and discovering purpose. Drawing from her own experiences of navigating feelings of hopelessness and powerlessness, 20 years of ongoing relational abuse Guacy reveals the transformative power of changing belief systems and aligning actions with purpose.

Through engaging storytelling, practical insights, and interactive exercises, Guacy will guide attendees on a journey of self-discovery and growth, **helping them:**

- **EXPLORE BELIEF SYSTEMS**
Understand the role of belief systems in shaping behavior and mindset, and learn how to identify and challenge negative beliefs that may be hindering personal and professional growth..
- **DISCOVER PURPOSE**
Delve into needs, values, and life experiences to uncover a unique sense of purpose, and gain clarity on what drives individuals and gives life meaning.
- **DEFINE VISION**
Envision the future desired and set clear goals aligned with purpose, learning how to articulate a vision and create a roadmap to turn dreams into reality.
- **BUILD MISSION**
Develop a concrete plan of action to manifest vision and make a positive impact in the world, with practical strategies for overcoming obstacles and staying focused on mission even in the face of adversity.

Whether attendees are seeking personal fulfillment or professional success, this keynote empowers them to unlock their full potential and live lives filled with purpose, intention, and fulfillment regardless of their challenges.



Guacy Barnes

Rise. Take Action. Own Your Power.



About Me

Keynote Speaker & Transformation Expert

As a Certified Trauma Support Specialist, Resilience Professional, and Mindfulness Meditation Teacher, Guacy delivers high-impact strategies that empower individuals and organizations to embrace resilience, accountability, and intentional growth.

Signature Keynote

The Path to Purposeful Transformation

The Path to Purposeful Transformation empowers individuals to break through limitations, beliefs, gain clarity, and create intentional growth, leading to a fulfilled life of purpose, resilience, and lasting transformation.

Workshops & Workbooks

- Introspective Introspective awakening
- Resilience & Emotional Mastery
- Steady & Clear: Embracing Discomfort
- Self Compassion: Fueling Growth, Guiding Others
- Purpose to Progress: Align. Act. Transform.

Organizations

Amazon Clayco
JP Morgan

Member

Toastmaster
National Speakers Association

Testimonial

Guacy is a compassionate advocate and expert in trauma recovery and communication. She empowers others to own their stories, embrace vulnerability, and grow. Her adaptable teaching style and insightful guidance have helped me reframe my thoughts and become my best self.

Where You Can Book Guacy



➤ **Keynotes & Conferences**

Powerful, Transformation talks designed to inspire action and create lasting change at large-scale events, professional gatherings, and industry-leading summits

➤ **Podcasts, Panels & Media Features**

Insightful conversations and expert-led discussions on trauma, recovery, relationships, and purpose-driven success, along with appearances on various podcasts and media platforms.

➤ **Workshops & Corporate Events**

Interactive sessions and customized trainings focused on mindfulness, self-regulation, empowerment, emotional intelligence, leadership development, and resilience in the workplace.

➤ **Seminars & Webinars**

Educational and motivational sessions available in-person or virtually, designed to foster personal growth, resilience, and transformation.

➤ **Consulting & Strategy**

Personalized guidance for businesses, organizations, and individuals seeking to strengthen emotional resilience, leadership skills, and personal development through actionable strategies.

➤ **Retreats & Experiential Learning**

Immersive experiences for self-discovery, healing, and mindset shifts, incorporating mindfulness, and personal growth practices.

➤ **Partnerships & Collaborations**

Opportunities for aligned organizations to collaborate on purpose-driven initiatives, corporate wellness programs, or community-based projects.

TESTIMONIALS

What they are saying...



Guacy's story of resilience, self-love, and vulnerability inspires mindfulness and purposeful living. Her bold communication style and powerful voice resonate deeply. I highly recommend Guacy to help you unravel ideas and find clarity, just as she has done for me."

OPERATION MANAGER AMAZON



Guacy is a compassionate advocate and expert in trauma recovery and communication. She empowers others to own their stories, embrace vulnerability, and grow. Her adaptable teaching style and insightful guidance have helped me reframe my thoughts and become my best self.

TOMMY L-CLIENT PARTNER



Guacy speaks from the heart with strength, compassion, and authenticity. Her dedication to growth and helping others is inspiring. Through her wisdom and lived experiences, she offers genuine guidance, empowering others to find clarity, purpose, and strength in their own journeys

JENNIFER K-CLINICAL AUDIOLOGIST



Guacy's workshop at JP Morgan was impactful and engaging. Her insightful guidance and dynamic speaking style inspired confidence and growth. She created a supportive space for learning and development.

ANONYMOUS



It's rare to come across standout talent like Guacy. Her exceptional mentorship transformed how I navigate business challenges. Her compassionate guidance and expertise in mental wellness provided practical strategies for managing stress and priorities. With her support, I gained clarity, resilience, and confidence. Guacy's ability to translate complex concepts into actionable insights is remarkable. I highly recommend her to anyone seeking balanced, effective leadership and personal growth. Her mentorship has been invaluable to me.

MARIE FEUTRIER-EXPERT HEADSHOT PHOTOGRAPHER

