

# Anita Barbero



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When we are  
mindful, we are more  
aware of what we  
need and respond  
accordingly

-Anita Barbero  
Transformational  
Health Coach

Anita Barbero, Transformational Health Coach, founder and owner of Renew Your Health LLC, and Wellness Coordinator at ESPN, The Worldwide Leader in Sports, is a seasoned health fitness practitioner, certified yoga/meditation/mindfulness teacher who cares about the physical, emotional, mental and spiritual wellbeing of individuals who participate in her inspirational workshops and retreats. Ms. Barbero understands that total wellbeing is inextricably linked to overall health both in and out of the workplace. Her teachings include the use of mindfulness strategies, which give participants opportunities to explore and embrace their strengths and difficulties, and in doing so, experience personal growth in the area of their total health and wellbeing.

*Mindfully manage stress for a happier work culture. Increase Focus, Creativity, Optimism, Enthusiasm, & Engagement.*

## Mindful Wellbeing Topics:

**Mindful Wellbeing Topics: Mindfulness for Reducing Stress** Best practices for reducing stress and enhancing your wellbeing

**Your Presence is Your Strength:** Integrating best practices that build your strength and resilience through the power of your presence

**High Energy Performance for Razor Sharp Focus:** The nuts and bolts on how to access your highest energy.

Get to know Anita and Follow her for Non-Stop Mindfulness!



[www.AnitaBarbero.com](http://www.AnitaBarbero.com)



[AnitaBarbero2@gmail.com](mailto:AnitaBarbero2@gmail.com)



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**Barry Rahmy, ESPN Creative Services**

I found Anita to be an active partner in bringing methods of stress-reduction and overall wellness to my department and to the company at-large. She is an expert in the theory and practice of mindfulness at work, in daily life, even at meals, and she is pragmatic and innovative in tailoring practices to a high pace, high volume corporate environment.

**Lauren Klyczek; Disney Wellness Program Manager**

Your presentation was incredible, Anita. The Cast Members were engaged, and I can tell it was so restorative for them. Thank you for your relatable honesty and vulnerability, and evident passion and knowledge- I know it was so appreciated by everyone who listened. We need this stuff more now than ever.

**Brandon Napi; Founder & Director of The Copper Beech Institute; West Hartford, CT.**

I have worked with Anita on countless occasions in creating mindfulness learning opportunities for a community of executives at ESPN. Her ability to cultivate relationships and teach with clarity, humor, gentleness, and compassion were great gifts. Anita has the gift of bringing a warm heart and a wise intellect together to help others learn and grow. She will enhance any program she is a part of and radiate compassion and wisdom to all those she meets.



## Reimagine Employee Health

*Imagine a Workplace with:*



- ~Less Stress, More Energy & Less Burnout
- ~Optimal Employee Health
- ~Reduced Absenteeism
- ~A happier workplace culture



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