



Speakers Bureau of Canada

Bureau d'orateurs du Canada

www.speakerscanada.com

+1 (866) 420 3338

Barbara May

Teamwork, Communication, Change Management and Resilience Expert

"If you get back up, anything is possible" - Barbara May



View Speaker Profile

[Click Here](#)

Language Spoken

English

Travel's From

Edmonton, Alberta

Speaker Biography:

Barbara May has spent a life-time knowing how to get up after a fall. But she figures doing that and getting a laugh at the same time is a lot more fun. She is a former national level gymnast, award-winning coach, aspiring drummer and mother of two. She is also a former comedian, who joked her way into the Guinness World Records by performing in the longest stand-up comedy show in history.

Barbara May brings more than two decades of work experience in sport and recreation, education, not-for-profit management, entertainment and government. Barbara brings a uniquely powerful mix of personal stories, humorous examples, and real-world insight to her programs and clients. She is passionate to help individuals and teams see and get past their stumbling blocks to become happy, motivated and productive. Barbara talks openly about her struggles and triumphs throughout her presentations. She is down to earth, genuine and honest. For this reason, Barbara connects easy with audience members before, during and after each event.

Barbara has a great deal of experience and first-hand information to share about overcoming Stumbling Blocks at Work. She has interviewed business owners on the Learning & Job News, hosted Access Television's May We Talk, and facilitated more than 500 Career and Employment Workshops. She draws upon this experience to help people come up with new ways solving problems in the workplace such as dealing and communicating with co-workers and bouncing back from mistakes.

It was a health crisis that prompted Barbara May to build her business to focus on helping people getting over their Stumbling Blocks in their work and personal lives. "At age 46, I suffered life-threatening pulmonary emboli — blood clots in my lungs. Every moment felt like a hurdle, struggle and trial of my will. As I experienced it, so every moment in my past looked like a victory as I looked back at it. As a result, my health crisis was what lit my light bulb and showed me my unifying purpose: helping people get past their stumbling blocks."

Barbara May facilitates the Stumbling Blocks Challenge, which is focuses on fostering teamwork development skills. These activities are both fun and educational, and have the added benefit of improving performance and productivity in the workplace.

The Stumbling Block Challenge includes:

- Communication Activities
- Problem Solving and/or Decision Making Activities
- Adaptability and/or Planning Activities
- Building Trust Activities

At every one of her keynote speeches and team building seminars, Barbara May shares and teaches her Stumbling Blocks philosophies. Her motivating solutions for teamwork, communication, resilience and conflict resolution are delivered in a humourous and approachable style. She helps people in the audience to understand and embrace her key message: If you get back up, anything is possible.

Topic Presentations

Stumbling Blocks: Overcoming Life's Hard Knocks

Everyone makes mistakes, everyone stumbles and falls. The question is, do you know to pick yourself up, dust yourself off and get moving again? By talking openly about her struggles and triumphs, Barbara May helps individuals and teams see and get past their stumbling blocks, and be happy, motivated and productive.

Here are some of the learning outcomes that Stumbling Blocks: Overcoming Life's Hard Knocks will explore:

- change management and accepting change
- taking initiative and being willing to ask for help
- moving on and learning from your mistakes
- handling stress and setbacks
- communication, collaboration and resolving conflict
- public speaking and presentation skills.

Stumbling Blocks At Work: A Crash Course in Overcoming Challenges, Obstacles and Hurdles at Work

When people run into stumbling blocks at work, they often feel they can't move forward, or they get defensive and dig their heels in. Teamwork gives way to individual complaints. People shift from enjoying work to resenting it. Side issues take the stage and work can grind to a halt. But stumbling blocks can be overcome and Barbara May can show you how.

Goals of the program:

The "Stumbling Blocks" program is ideal if you want to:

- motivate and engage employees
- improve communication and performance
- change corporate culture
- increase resilience
- handle stress and setbacks.

Here are some examples of an organization's objectives that Barbara can support and reinforce during the stumbling blocks team building seminar:

- change management and accepting change
- taking initiative and being willing to ask for help
- moving on and learning from your mistakes
- handling stress and setbacks
- communication, collaboration and resolving conflict
- public speaking and presentation skills

Public Speaking Secrets: Unblocking Yourself to be an Engaging Presenter

Have you ever wondered why some business leaders are so successful? It's because they not only know how to communicate effectively, but more importantly, they make becoming an engaging presenter a top priority. And that's where Barbara May comes in. She'll help you achieve incredible career success by teaching you how to speak in public with entertaining confidence and effortless style. Better yet, at the same time she'll help you get past your public speaking stumbling blocks. Goals of the program: To help people get past their public speaking stumbling blocks and become engaging presenters.

Stumbling Blocks for Health Care Providers: Creating a Culture that Cares

Great patient care stems from a team of healthcare professionals that are passionate about their work. But having a team that works together seamlessly is a challenging goal to accomplish. Issues with communication, the ability to handle difficult situations, and the motivation to truly engage, are stumbling blocks that every organization faces. Using her past experiences as a patient as well as her years of experience as a motivational speaker, Barbara May will help you get past your stumbling blocks and create a culture that cares.

Videos



Barbara May || The Making of Stumbling Blocks || Speakers Bureau of Canada

Watch Video

Testimonials

“Informative, funny and very pertinent to our group!”

- Sue Timmermans, ASTAC Conference

What a hoot! And yet I came away learning something - not just laughing.

- Participant, Administrative Support Conference

“Barbara was excellent at detecting the key stumbling blocks for each person’s situation. Wonderful observation skills and very entertaining!”

- Carol Brandly, Seminar Participant

“Sometimes we get stuck in the things that trip us up, our stumbling blocks, and this was a great opportunity to hear that somebody else has experienced those issues too.”

- Shawna Miller, Grande Prairie and District Chamber of Commerce

“Barbara May gave me practical steps I could take to reach my career goals while beefing up my self-confidence. Thank-you Barbara for believing in me!”

- Espie Elvez, Seminar Participant

[View Speaker Profile and Videos](#)