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Katherine is real, transparent, and honest. A speaker that speaks from her heart, leaving every woman in the room hanging on her every word and wanting more when she is finished.

- DIAN SUSTEK,
BOARD MEMBER -
GRACE SCHOOL OF THEOLOGY

Katherine Barner

Real Solutions *for* Real Struggles



ABOUT KATHERINE

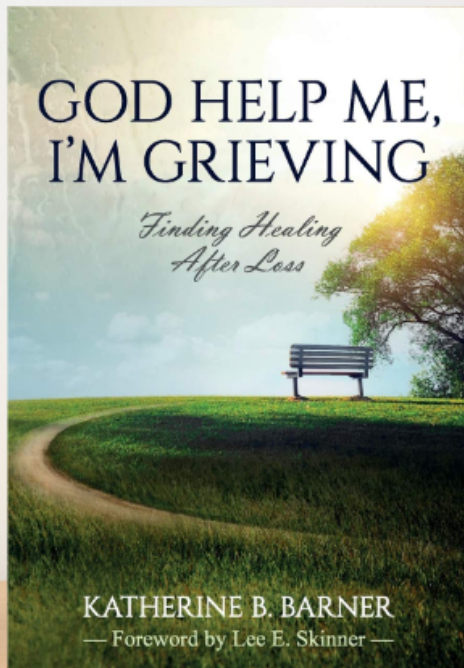
Katherine Barner is a Grief & Trauma Expert, Bible Teacher, & Licensed Psychotherapist specializing in equipping individuals with the mental, emotional, and spiritual tools to live the life they desire and deserve.

THE BUSINESS

Katherine is the owner of KRB Unlimited LLC offering coaching, speaking, training, and consulting services designed to facilitate hope and healing for its clientele.

THE BOOK

Designed not only to assist readers through the process of grief but also, to grant permission to fully experience it, *God Help Me, I'm Grieving* validates each reader's unique response to loss, allowing it to become a vehicle of inner change and spiritual and emotional growth



SUGGESTED MEDIA QUESTIONS

INSIGHTS ON GRIEF & TRAUMA

1. What is your origin story? What prompted you to dive into grief and trauma healing?
2. You teach a B.R.E.A.K. formula when working with individuals tell us about that?
3. How do you help individuals grow and continue to find meaning, joy and love after traumatic events?
4. Where does faith fit into the healing journey for individuals?
5. How do individuals know when it's safe to share their story?

THE BOOK

1. In your book, *God Help Me, I'm Grieving* you point out the "3 P's of grief." - Let's talk about those:
2. In your book, your focus is not solely on grief as it relates to death. Why is that and what other circumstances may lead us to a period of grief?
3. Most people have heard of the stages of grief, but in your book, *God Help Me, I'm Grieving* you refer to this in a different way, say more about that.
4. You share a story about your experience with the wave of anger after your grandmother's death. Tell us about that.
5. In your book, *God Help Me, I'm Grieving* you mention having a "faith defense." Say more about that.
6. In your book, *God Help Me, I'm Grieving* you share an exceptionally painful story to help readers understand the importance of having a plan for the holidays. Tell us about your experience and why you encourage readers to have a plan in place.

Empowering! This workshop provided validation and information in a real and safe way. Refreshing to see this area being addressed, supported and implemented. Thank you!

- ICASA STATEWIDE
CONFERENCE ATTENDEE

SPEAKING TOPICS

Living Beyond Loss - This talk addresses the pain of grief while providing the audience with practical tools and hope to discover healing after loss.

Silence is NOT Golden - This talk address the impact of living with unresolved trauma and challenges the audience to BREAK free of negative belief cycles using practical tools for recovery.

You Are Enough - This talk addresses the impact of following standards of competition and comparison and challenges audiences to instead find their identity in Christ.

BENEFITS OF WORKING WITH KATHERINE

- Enhanced self-esteem to boost overall effectiveness in personal and work domains
- Resources for handling adverse trauma triggers
- Approaches for navigating the emotional fluctuations during the grieving process
- Blueprint for establishing a constructive support system
- Strategy for effectively and securely conveying your personal story to others
- Comprehensive self-care regimen to facilitate healing
- Spiritual guidance for a wholesome grief recovery process

CONTACT POINTS

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June 2023

Aside from presenting an emotionally charged topic in an engaging & dynamic demonstration of expertise, Katherine Barner sparked conversations and connections among attendees that continued well after the session had ended. That...is how change happens.

- CCAW ATTENDEE