

NOMI BACHAR

HUMAN POTENTIAL EXPERT



International Keynote Speaker, Author, & Mentor

My mission is to empower, inform and support individuals to reach their full potential, achieve a leadership mindset, and master their ability to successfully actualize passion, purpose, and performance.

I provide an effective and unique program for leadership development and self-actualization. This comprehensive system assists people in excelling as leading contributors to their families, organizations and the global community.

About

Nomi Bachar is a human potential expert, keynote speaker, author and mentor. She is a trained psychotherapist and has been guiding individuals and organizations for 27 years.

Nomi is the founder and director of White Cedar Institute for Expanded Living LLC, and the creator of the highly acclaimed method and program titled, **Gates of Power®**.

Nomi's keynotes, presentations, and trainings help Leaders shift into an optimal mindset for success.

She helps individuals and organizations achieve high levels of performance and fulfillment in their personal and professional lives. With her guidance Leaders become more expressive, creative and effective and are able to transform challenges into victories.

Why Nomi?

Ms. Bachar presentation is engaging and entertaining, it moves

her audience to tears, laughter, lively discussion and deep thinking. She's been a mentor to thousands of professionals around the globe. Her stories about overcoming significant life challenges and becoming successful captivate her audience. Nomi is a master at assisting people in releasing limitations and constricting habits while empowering them to draw on their inner power.

Books

Nomi Bachar is the author of the Acclaimed International Best Selling book, "**Gates of Power®: Actualize Your True Self**", a practical guide to creating the optimal self. Her second book, "**Let the Heart Speak**" was published in May 2018.

Media

Nomi has been globally interviewed on dozens of radio talk shows such as iTunes, CBS radio & Voice of America. She was a successful actress, producer and director of the Inner Landscapes stage productions in NYC.



Nomi Teaches the audience how to become MASTER OF SELF, LIFE AND WORK

NOMI'S MOST REQUESTED TOPIC:

FROM POTENTIAL TO LEADERSHIP POWER

– Master Passion, Purpose, & Performance

Overcome:

Frustration, Burn-Out and Ineffectiveness

Leadership starts within.

A powerful leader has:

- A Clear Vision
- Great Communication Skills
- Commitment to positive impact
- Ability to implement actions and reach objectives.

I Help You Master Self, Life and Work

True leaders must lead their self and their life with the same excellence they lead their teams. Leadership Mindset is your key to success. I reveal the most important inner shift. The shift takes you from an Ineffective inner leadership to a mastery of self, life and projects.

My 3 Golden Keys and my Gates of Power® Program unlock Inner Leadership Potential -the power to reach goals and achieve ultimate fulfilling success. It empowers you to Impact, Influence and make a difference in life and at work.

This keynote helps you tap into your unique, personal leadership power - the leader within you.

Results

Achieve leadership mindset

Identify your unique leadership style
-own and accentuate it

Enhance all 7 facet of life and create balance,
focus and inner strength

Become a master communicator

Release inner obstacles

Leverage talents, skills and abilities

Shine, Impact and Influence

**Leaders create growth for themselves
and the business.**

SPEAKING TOPICS



YOU - THE ULTIMATE UPGRADE

Each one of us is a powerhouse of abilities, talents, visions and passions. In spite of your tremendous potential, you get stuck. Fears, insecurities, and frustrations stop you from being all you can be.

With the right system and coaching you can actualize potential, express the best in you and make a big difference in your life and your career. This keynote reveals Nomi's system of empowering and strengthening all 7 Facets of Life, and her 3 Golden Keys. With her guidance you can create optimal well-being, fulfillment, and success.

Results

Express your unique greatness

Dissolve fears and frustrations

Coach yourself for success

Communicate and connect authentically

Leverage your talents and skills

Get clear about your vision and make it
a reality

**How would your life look if you could be
ALL that you are? Step into your big sized
life now.**

HOW TO HAVE IT ALL Your Work & Life in Balance

In this keynote, Nomi uncovers the secrets to being creative and constructive, able to successfully balance your personal needs and your professional goals... at the same time.

We all struggle with the demands of home and the pressures of work. The struggle is an unending source of frustration. On one hand, we feel that we're not doing justice to our home life, kids, and partner. On the other hand, we are constantly behind with our work. Both areas suffer and we end up feeling overwhelmed.

In this keynote, Nomi uncovers the secrets to being creative and constructive, able to successfully fulfill your personal needs and your professional goals... at the same time. Get the formula to maintain and enjoy a healthy work-life balance.

Results

Understand the 7 facets of life called Gates

Define and prioritize needs and goals in each of these areas of life

Outline the positive actions to optimize each one of those areas

Create a practical discipline to keep your mind, body, and spirit in balance.

Unleash your built-in ability to achieve your goals.

CONNECT & CREATE Communicating Successfully

We have to continuously improve our communication skills. This keynote offers effective personal and professional communication principles based on Nomi Bachar's "10 Commandments of Successful Communication."

Communication is the key to success. How are you doing with your dialogues? So many times, we mean well and we have much to contribute, but we don't have the skills to communicate our intentions. It is very frustrating to not be able to express clearly, listen attentively, and respond appropriately.

This keynote offers effective personal and professional communication tools.

Results

Become clear, precise, expressive, and assertive in your communications

Learn to listen, take in, evaluate, and respond

Master the ability to avoid reactivity, blaming, and attacking

Sharpen negotiation skills and tolerance of differences

STRESS-LESS SUCCESS

It is well known that our modern lives are laced with all kinds of "stressors" political, social, economic, environmental, and the list goes on. All of that is in tandem with the stress of our personal lives.

Nomi has proven that the key to reducing stress begins with actively identifying and

confronting the source of the stress. She takes you through a unique process to uncover sources of stress and gives you a practical plan eliminate it.

Results

Learn self-coaching formulas for inner peace

Learn relaxation techniques which include meditation, breathing and centering

Practice specific physical and emotional exercises that reduce stress

CREDENTIALS

Nomi Bachar is a human potential expert who is dedicated to human growth and transformation. She is a trained psychotherapist and has been counseling, leading trainings, as well as speaking for the last 26 years. Nomi is a graduate of Bet-Tzvi, the academy for performing arts in Israel and had a flourishing career as an actor, dancer, choreographer and director in Israel and New York City. Nomi has integrated her counseling experience, artistic abilities, and spiritual awareness to create the Gates of Power® Program. Her coaching and keynotes help people achieve leadership mindset, focus, balance and fulfilling success in life and at work. Nomi is a master at helping people transform self-actualize and achieve their purpose and goals. Currently, she is leading training workshops, keynote presentations, and individual coaching based on her unique method.

CLIENTS



PUBLISHED BOOKS



GATES OF POWER®: Actualize Your True Self is an inspirational, informative, and practical guide for all who are passionate about living up to their potential and maximizing their life. The book is based on the Gates of Power® Method created by Nomi Bachar. In the book, Nomi offers wisdom gathered through her own spiritual and emotional journey, her life-long study of different spiritual traditions and her experience as a coach for 27 years. (Also available in paperback)



LET THE HEART SPEAK extends an invitation to open your heart to life, to let it deeply affect and empower you. This uplifting collection is full of warmth and energy. It touches on a wide range of subjects — relationships, self-love, emotions, celebration,

magic, and transformation — and a space is provided after each segment where you can express your own thoughts...and let your own heart speak!

(Available for Kindle and paperback)



THE CHANGE explores powerful, thought-provoking insights from twenty inspiring co-authors. Prepare to be taken on a journey of self-discovery and personal change that will touch every area of your life!

Having a variety of perspectives is the key to understanding ourselves and the greatness that resides within. This book will reawaken you and inspire you toward personal transformation!



GATES of POWER®

Nomi's keynotes and workshops are all based upon her **Gates of Power® Method**. This program releases limitations and leverages your potential. It trains you to master leadership mindset and achieve fulfillment & success in all seven areas of your life. The program is practical and effective. It empowers you to reach your highest potential, be a leader in life and at work and achieve your goals.

WHAT IS IT?

The Gates of Power® Method is a curriculum that includes individual coaching & training workshops. It provides practical steps to achieve Self-Transformation, Self-Actualization and Leadership Abilities.

RESULTS

Master your inner self, your life and your projects.

Become the leader of your life and your work.

Transform physical symptoms & tensions. Achieve emotional balance.

Build healthy & fulfilling relationships (self & others).

Create & express authentically. Attain focus & achieve your life goals.

THE 7 GATES OF POWER:

Gate of the Body

Gate of Emotion

Gate of Dialogue

Gate of Creative Expression

Gate of Life Path

Gate of Silence

Gate of Knowledge

