

Brenda Barker

Certified Personal Trainer, Zumba & Aquafit Instructor

Certified Aromatouch Practitioner, doTERRA Wellness Advocate

<https://www.mydoterra.com/brendabarker3/#/>

The 3 Oils I Use Every Day:

Lemon - in my water

Frankincense, Geranium and Lavender - in my face serum -

The Quote My Heart is Singing to Right Now:

"I am worthy, I am deserving, I am capable and I am friggin' awesome."

-Personal Mantra-

My Top Leadership Strength and How it Helps Me:

My top strength is known as 'individualization.' This gives me the ability to lead groups of people, with strong skills in facilitating and directing, while at the same time ensuring that each person in the group feels heard. It also means because I appreciate individual uniqueness, when I work with my clients 1-1, I am intuitively able to address and meet their specific needs, and very much interested in, and committed, to doing so.

The One Thing I Consistently do for Self-Care:

****My Epsom salts and essential oils bath after teaching 'Zumba' (three times a week) - and I really notice it if I skip the bath for a shower!***

What I Love Most about doTERRA:

- ***The positive vibes and support from top down. -***
- ***The Annual Convention when the leaders speak about why this company is so important. -***
- ***The positive health changes they are making, which is so heartfelt and makes me feel I am making a difference too. -***