



GALE BARBE

**Keynote Speaker, Best-Selling Author, Creator of the Brand,
H.O.P.E. for Empty Nesters**

SPEAKING CATEGORIES:

Identity & Rediscovery, Passion & Purpose,
Community & Belonging, Mindset &
Empowerment

TRAVELS FROM:

Raleigh, NC

SPEAKER'S FEE RANGE:

\$2,500 - \$5,000

GALE'S MOST REQUESTED PRESENTATIONS

Reclaiming Purpose: Rediscovering Yourself After the Nest Empties

Focus: Embracing this life transition as an opportunity for self-discovery, pursuing passions, and redefining personal purpose.

Key Points:

- How to rekindle long-lost interests and hobbies.
- Building confidence to step into new roles and adventures.
- Strategies for overcoming feelings of loss or identity crisis.

The Power of Connection: Strengthening Relationships in a New Season

Focus: Enhancing relationships with spouses, adult children, and social circles after the kids move out.

Key Points:

- Tips for reconnecting with a partner after years of parenting.
- Navigating the dynamics of adult children and maintaining healthy boundaries.
- Building new friendships and support networks.

H.O.P.E. Empty Nest Full Heart

Focus: Gale's Personal Story of Becoming an Empty Nesters

Key Points:

- What H.O.P.E. means: Happiness Opportunities Perseverance Encouragement
- 7 Steps to Rediscover Joy and Purpose in Your Next Chapter
- How these can be implemented in all aspects of your life

Mindset Mastery: Staying Resilient and Positive During Change

Focus: Building a resilient mindset to embrace challenges and see the empty nest phase as a new beginning.

Key Points:

- Overcoming limiting beliefs and self-doubt.
- Cultivating daily habits for mental and emotional wellness.

ABOUT GALE:

Gale Barbe, founder of H.O.P.E. for Empty Nesters, inspires those navigating life transitions to rediscover joy and fulfillment. This vibrant community supports empty nesters, individuals facing trauma, or anyone ready to pursue new dreams with resources, encouragement, and fun.

In her 50s, Gale transitioned from homemaker to speaker, bestselling author, and success coach, earning certifications in NLP, EFT, Hypnotherapy, Reiki, and Success Coaching. Her own journey of personal renewal, including overcoming cancer, drives her mission to help others embrace life's possibilities.

H.O.P.E. for Empty Nesters is a testament to Gale's dedication to fostering connection, growth, and resilience. With unwavering passion, she empowers members to redefine their purpose, heal, and lead their best lives.

WHAT THEY'RE SAYING:

"Gale Barbe is a truly remarkable individual whose insight, compassion, and care for others are evident in every aspect of her being. With a lifetime of experience and a deep understanding of personal growth and transformation, Gale has a unique ability to make people feel comfortable and welcome as she guides them on their journeys of change. Her warmth and genuine connection create a safe space for her audience to explore new possibilities and embrace their potential. Gale's work isn't just impactful—it's transformational, leaving a lasting impression on everyone fortunate enough to learn from her expertise and heart."

—James Barbour - Award Winning Broadway Star, Best-Selling Author, Keynote speaker

"Gale Barbe is an exciting, up-and-coming speaker who truly knows how to connect with her audience on a deep and meaningful level. At one of my RockStar events, Gale shared her powerful message through H.O.P.E - Hope for Empty Nesters, leaving the audience inspired and empowered. Her authenticity, compassion, and practical insights make her a standout presenter who delivers not just impactful words but real solutions. It was a privilege to have her on my stage, and I highly recommend her for any event seeking a speaker who can create a lasting impact."

—Craig Duswalt - Keynote Speaker, Best-Selling Author, Creator of the Brands, RockStar Marketing & Rock Your Life

"When you get to know Gale Barbe, you realize that she embodies empathy and empowerment. After becoming an empty nester (with her husband), she tweaked her identity, viewing this transition as an opportunity for personal growth. Her journey of rediscovery intensified her passion for helping others, fostering community, and ensuring a sense of belonging. With keen insight and a nurturing spirit, Gale lifts those around her, guiding them to find their purpose and embrace new chapters in life. Listening to, and talking with, Gale is always time well spent."

—TK O'Geary - Award Winning Strategic Performance Consultant, Engaging Facilitator, Creator of the System Make Your Vision Stick