



www.bridgetarchbold.com

Bridget Archbold

KEYNOTE SPEAKER
CERTIFIED COACH - THOUGHT LEADER

"I help audiences connect with their core values to achieve clarity and cultivate a greater sense of fulfillment."

2024 MEDIA KIT

Hello! I'm Bridget

Are you and your audience ready to create a life of deep fulfillment? Through my keynote, I invite your community to step into living a joyful and authentic life by guiding them to identify core values and connect with what matters most. With over 15 years of corporate leadership and self-discovery experience, it's my mission to connect with your audience members on a meaningful level and share what I have learned and experienced across my journey.

WHAT YOU CAN EXPECT

Your audience members will walk away empowered with a deeper understanding of who they are, for lasting fulfillment throughout their lives. Participants will leave the session with practical and accessible tools that can be implemented immediately as I bring these sentiments to life through my interactive keynote.

WHO I WORK WITH

- Leadership Groups (Women, LGBTQIA+)
- Corporate and Business Leaders
- Employee Resource Groups
- Personal & Professional Development Events
- Entrepreneurs
- College Students & Young Professionals
- Spiritual Development Events



Client Testimonials

“Bridget was instrumental to my professional growth and in preparing me for the next chapter of my career. ~Mallory S.

“With Bridget's approach to coaching, I always leave feeling energized, invigorated and empowered and ready to take on the world with a new perspective and tools to live my best life! ~JoAnna M.

“Bridget is empowering, fun and brilliantly kind, which has given me such a lift and boost in confidence and I'm excited to see what I can do with a better understanding of my core values! - Laura K.

BOOK ME FOR YOUR NEXT EVENT

THE SECRET TO FINDING FULFILLMENT:
WHY CONNECTING WITH YOUR CORE VALUES
WILL LEAD TO GREATER AMBITION, CLARITY,
AND SENSE OF PURPOSE.

BEYOND A KEYNOTE... AN EXPERIENCE!

After hearing me speak your audience will leave with an understanding of why their core values matter, how to define them, and how to take action to transform their lives.

“Audiences will walk away with practical tools they can put into practice immediately!”

- ✓ Learn the difference between Acquired Values and Core Values.
- ✓ Gain the tools to identify the difference between their acquired values and the core values of their most authentic self.
- ✓ Connect with their natural strengths by activating their core values in their daily life.
- ✓ Know how to consciously cultivate balance and choose which values to leverage for career advancement and which values they can choose to live by.



LET'S WORK TOGETHER!

I look forward to hearing more about your event and discussing how my keynote can support your programming goals!

-Bridget

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