



help's inside

THE HINWOOD INSTITUTE

The Hinwood Institute is the #1 resource to help people to unclutter mess, make order from chaos and swap the shackles of overwhelm for freedom. Clients using our training, tools, and coaching services move from the relentless hamster wheel of stress, to waking inspired, motivated, making decisions with purpose and achieving peak performance.

We offer three options of distinct pathways for clients to choose from when they are ready to move from Stress to Strength; Developing Emotional Resilience, Time Management, Executive Wellbeing & Performance.

Partner **Barbara Clifford** is our lead trainer and coach in Time Management and a recognized leader in Stress Management. She has been a featured columnist for a Murdoch publication, and is in demand as a Speaker & Facilitator. Barbara lives in the red heart of Australia, Alice Springs, and works in person and online with clients internationally.

Popular Topics:

How to beat Procrastination

Transforming Stress into a source of Strength

Mastering Prioritisation

Why our values determine our Productivity

"Busy people, stuck on the hamster wheel, are our Working-Wounded."

Barbara Clifford



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More on Barbara

Barbara hit a turning point when she decided to abandon her successful career in the film & television industry after 20 years. Her career success started at the age of 13 as a host for a children's television program. Yet, she reached a point where she realized her career had been built on a desire to prove to everyone that she was worthy of their love, respect and adulation when deep down she devalued herself.

It was only after many years of personal development Barbara was able to find her self-worth. Yet she meandered through life, finding work based on her skills, not her passion or purpose. It wasn't until her coach suggested building a business around what she value most, that it challenged her to find out what her 'true' value was. After using a professional resource to test this, she was dumbfounded to discover her highest value was "organising". Yet when she looked back on her career it made sense. The skill, talent, passion, gift she held, she took for granted, was something she was exceptionally good at; creating order out of chaos. It all made sense. With the support of and mentorship of highly successful entrepreneurs, Barbara launched her business.



Barbara was encouraged by the overwhelming response from people who wanted to transform their lives, to be released from chaos, overwhelm and a lack of clarity in their busy working lives. Stress was a major factor in most people's lives, so Barbara completed a Certificate in Stress Management Practitioner.

She now speaks around Australia (and internationally) on topics such as stress, time management, communication, mindset, leadership and assertiveness (to name a few).

Barbara has partnered with the Northern Territory Chamber of Commerce, the Business Enterprise Centre, Charles Darwin University and Federally funded programs through the Australian Small Business Advisory Service, to deliver empowering professional development and facilitated training.

She coaches people globally.

Social Media Following:

Facebook Groups - **3500+** LinkedIn Connections:- **4000+** Email Database - **5500+**

Barbara has presented or appeared in numerous outlets around the world including:

THE AUSTRALIAN
Women's Weekly

**CHARLES
DARWIN
UNIVERSITY**

**Chamber of Commerce
NORTHERN TERRITORY**

P&O

bec
Business
Enterprise
Centre NT

CENTRALIAN
Advocate

ABC Alice Springs

Yours

The Sydney Morning Herald

