



Mastering the Channels of EMPOWERMENT

Nomi Bachar

Self-Actualization • Empowerment • Leadership • Work-Life Balance • Communication Skills

SPEAKING TOPICS

- Master the Seven Gates of Power®, Maximize Your Potential
- Mastering Success: Vision → Choice → Commitment → Action
- Communicating the “X” Factor
- The Art of Transforming Stress
- The Power of Creative Expression
- Gates of Power® Leadership Training
- Women’s Leadership: Who Says Women Can’t Lead?
- Work-Life Balance: How to Have It All

All Topics Inspired by the Gates of Power® method



Self-Actualization Motivator, Expert, Coach, and Author

Nomi Bachar is the creator of Gates of Power® method, and the Director of White Cedar Institute for Expanded Living, LLC. She is a counselor and self-actualization expert, as well as an accomplished performer and choreographer. Nomi has dedicated her career to the art and craft of human development and transformation. She was trained in psychodrama, Gestalt, bioenergetics, and primal therapy – all psychotherapeutic modalities that encompass the use of expression, creativity, imagination, and intuition. For 25 years Nomi has helped hundreds of committed clients transform their lives through counseling and coaching, as well as through her lectures, seminars, and workshops. Her presentations are interactive, dynamic, and entertaining.

Nomi works to share and expand her educational tools through various mediums. Her current efforts include a much-anticipated book on the Gates of Power® method entitled, “Gates of Power: Mastering the Channels of Empowerment.”

Through the inspiration and experiences garnered from years of practice, workshop facilitation, and writing, Nomi continues to delight audiences and transform lives.

What is the Gates of Power Method® and How Can It Assist Your Organization?

Gates of Power® is a unique, self-actualization method that empowers participants to fully engage all seven facets of life. This comprehensive, patent-pending system encourages sustainable leadership, work-life balance, and creativity in the individual and team.



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TALKS, WORKSHOPS, AND SERIES

Inspired by the Gates of Power® method

Master the Seven Gates of Power®

Learn to energize the seven facets of your life: Your body, emotions, relationships, creative expression, life path, stillness, and knowledge.

Mastering Success: Unleash the Power Within

Learn the formula of vision → choices → commitments → actions, to maintain focus and consistency. Confront self-defeating habits, fears, and lack of self-esteem. Gain skills for success.

Communicating the “X” Factor

Achieve the skills for effective communication. Learn to listen, express, evaluate, support, and empower.

The Art of Transforming Stress

Learn to reduce and release stress. Through various exercises and breathing meditation techniques, you will transform stress into positive energy.

The Power of Creative Expression

Learn to cultivate your expressive and creative ability through the use of writing, music, movement, games, and art.

Gates of Power® Leadership Training

Learn to leverage the Gates of Power® principles to cultivate leadership capabilities like, creativity, communication, commitment, team building, and risk taking.

Women’s Leadership: Who Says Women Can’t Lead?

At times, women find the challenge of asserting themselves and balancing their responsibilities as homemakers and career leaders overwhelming. Learn, as a leading woman, how you can identify your unique leadership power, and accentuate it.

Work-Life Balance: How to Have it All

Are you struggling with the demands of home and pressures of work? Learn creative and constructive ways to fulfill your personal needs and professional goals. This practical workshop will empower you to maintain and enjoy a healthy work-life balance.

Coaching for Individuals & Small Groups

Nomi offers transformative life coaching to individuals and teams. Team sessions may be held in an office, retreat center, or other facility.

“...the humanity and understanding that Ms. Bachar exhibits allows people to examine their lives in a new light, to learn about themselves... develop and change...a rare ability indeed.”

Peter Herdrich, Television Producer

“Ms. Nomi Bachar has led multiple workshops at Moonfire to wonderful results. She has been an effective, supportive, and compassionate workshop leader throughout the time that I’ve known her. I can confidently recommend her to conduct any workshop at your center.”

Amethyst Nemzoff