



BARBARA BARNABEL

MULTI-MEDIA COMMUNICATIONS COACH & ADVISOR | TALENT & EXECUTIVE DEVELOPMENT

Thrive On Camera and in Life

About Barbara Barna Abel

Barbara is a multi-media communications coach, creative advisor, talent & executive development expert and the host of the award-winning global top 10% podcast, *Camera Ready & Abel*, exploring the intersections of media, change and personal growth.

Barbara knows that a zombie apocalypse is scary but that speaking on-camera doesn't have to be.

Her mission is to help you tap into your superpowers to thrive on-camera and in life – and to make an impact on the world.

Her clients include global corporations, TV networks, founders, c-suite executives, entrepreneurs, innovators, celebrities, authors and young creatives.

She started her career in the music business before moving to television and continues to develop and cast shows across platforms. Her credits include: *Queer Eye for The Straight Guy, What Not to Wear, The RuPaul Show and PageSix TV.*

Barbara has a well-respected eye for talent and discovered or gave early breaks to: *Adam Richman, Amy Schumer, Carson Kressley, Chrissy Teigen, Clinton Kelly, Jake Tapper, Jeff Probst, Sara Haines, Ted Allen and Wayne Brady...*

Barbara is the author of *How to Get Your Foot in the Door: Television Hosting & Presenting*, a step by step guide to breaking into television hosting and is currently working on her second book, *The Camera-Ready Checklist*, an easy 5-step process for success for anyone communicating through a camera lens.

Rave Reviews

I cannot stress this enough...no matter where you are in the world, you should be meeting with Barbara. If you want to do TV hosting and things like that, because the way you teach the lessons...the way you allow people to be themselves and you want them to be their most authentic selves and you will be helping them tap into that thing that everyone has, that will make them relatable to broader the audience. - **Bevy Smith**

Barbara has been able to take a complex brand, distill it all down to the fundamental considerations, which she articulates with brevity and accuracy, and then asks the right questions that lead us to change and growth. Oh...and she's funny! - **Lisa Roth, founder RockABye Baby/VP CMH Records**

I was blown away by your hosting ability. Wow! Your ability to guide the conversation and draw out meaningful discussion made for a truly memorable episode. I learned a lot too. - **Wendy Alane Wright**

There is media training and then there is media life coaching...Barbara does the latter. The techniques she taught me in just a few sessions I call upon every single time I step in front of the camera. I'll continue to do so for the entirety of my TV career. - **Chris Witherspoon, Entertainment Journalist and CEO PopViewers**

She's seriously the Jedi master of on camera coaching - **Phoenix Carnevale, Martial Artist, Fight Commentator, Media Personality, Brand Ambassador**

What I Like to Talk About

- How to thrive on camera and in life
- How to tap into your superpowers
- Why everyone needs to be camera ready
- Why you need to stop shoulding yourself
- Why your number one job is to be entertaining

Ask Me:

- How to get on TV - and get invited back
- How to feel comfortable & confident on camera (or any presentation)
- Why it's always an audition (even when you think it's just coffee)
- What's the biggest block you don't even know about
- Why you need to mind The Gap

Fun & Energetic Interview

Barbara shares tips and insights + stories from her decades in the TV trenches and has appeared as a guest on:

- Shondaland - *How to Stop Shoulding Yourself*
- Leave Your Mark - *How to Nail That Audition*
- WYDAF - *The Great Reinvention*
- It Takes a Village with Delina Medhin *Everyone is On Camera*
- The List - *3 Books to Build a Better You*
- Backstage - *Be My Host*

Links

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- in [barbara-b-abel](https://www.linkedin.com/company/barbara-b-abel)
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