



ANDREA
Isabelle Lucas™

**Speaker, Author,
Barre & Soul Founder**

Speaker, author, and founder of Barre and Soul®, Andrea Isabelle Lucas shows women what's possible when they stop waiting for change and activate their full potential to achieve results like never before.

An empowering and unapologetically down-to-earth speaker, Andrea inspires audiences to own their personal and professional goals so they can create the life and legacy of their dreams.

Praise for Andrea

"When I heard Andrea speak I was floored with inspiration and humbled by her grace. I will never forget her words of wisdom. She's an amazing speaker, author, and motivational speaker who is going to change the world, one person at a time."

— Ghayda Yaghi, CEO, Charm Celebrations

Featured in:

Signature Presentation

Own It All: Level Up Your Leadership from the Inside Out

(Designed for women's leadership and business events)

Sometimes in this hectic, stressful world, driven business leaders forget that they are in charge of their lives. We let self-doubt hold us back, wait for external validation, or let everything else come first before our dreams while we know that we're capable of so much more. Andrea Isabelle Lucas knows this feeling well.

It wasn't until she took ownership of her life that she was able to leave an abusive relationship, discover and pursue her passion for empowerment through movement, and build a multi million-dollar collection of barre and yoga studios.

This presentation will help attendees:

- Take responsibility for their time, prioritize like a boss, and redirect their energy towards the goals and experiences that really matter
- Refocus to propel themselves from one powerful achievement to the next
- Navigate self-doubt and come away with the courage to make necessary leaps



Please get in touch
with any questions!

Get in touch!

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