



MINDIE BARNETT

SPEAKER | AUTHOR | PSYCHOTHERAPIST |
PUBLICIST



MEET MINDIE

After ten years working as a television news reporter and , Mindie founded MB and Associates Public Relations in 2003 and swiftly garnered a great deal of clients in a short amount of time. Because of her vast knowledge of the news business and strong ties with key members of the media, she was able to achieve rapid results and obtain countless press opportunities for clients. Mindie is now one of the nation's most sought-after and respected publicists.

In addition, Mindie is a two-time top-selling motivational author and speaker. She is also practicing clinical psychotherapist who works with men and women combatting burnout, life change, anxiety, depression, and career obstacles. Her energy and stage presence has commanded audiences throughout the nation for decades. Her message pertaining to resilience and self-efficacy will motivate, inspire and enlighten any group or audience.





HER STORY

Prior to founding MB and Associates Public Relations, Mindie was as a television anchor/reporter in various markets including Philadelphia, New York, Louisiana, and Illinois. She has an MA from Pepperdine University Graduate School of Education and Psychology and a BA in Broadcast Journalism from Hofstra University.



ACCOLADES



- Philadelphia Business Journal **Women of Influence Award, 2024**
- **Business Owner of Year**, South Jersey's National Association of Women Business Owners
- South Jersey Biz Magazine's **Best PR Firm**
- **Top PR Firm in United States 2023**
- **Advice Columnist** for New York Lifestyles Magazine
- **Television Contributor** on Pix11 New York, Fox5 New York, Fox29 Philadelphia & PHL17 Philadelphia
- **2x Author** of *You Don't Need to Be a B*tch to Be a Boss* and *Intermission*

Trusted by organizations including:

Miss America
SINCE 1921

The Philadelphia Inquirer

MA MEDICAL FACILITIES
OF AMERICA®



**Georgetown
University**

PHILADELPHIA
**DAILY
NEWS**

BOLD
WORLDWIDE

FOX 29
PHILADELPHIA

IN THE MEDIA

[PIX11 NEW YORK](#)

[NEW YORK LIFESTYLES MAGAZINE](#)

[PHILADELPHIA BUSINESS JOURNAL](#)

[GOOD DAY LA](#)

[GOOD DAY SAN DIEGO](#)

[FOX5 NEW YORK](#)

[FOX29 GOOD DAY PHILADELPHIA](#)

[WABC77 POSITIVELY ERNIE](#)

[DAILY MAIL TV](#)



TOPICS FOR DISCUSSION

THE BURNOUT EPIDEMIC:

How to Avoid Burnout Before it's too Late and Show Up as Your Best Self on Repeat

HOW TO LEAD WITH EMPATHY and garner allegiance and lead with superpower

HEALTHY COMPETITION amongst women and colleagues





CONTACT

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