



Andrea is an author, consultant, trainer, certified professional coach, and speaker who supports busy professionals with work life balance, time management, goal setting, and stress management. She earned a Bachelor of Science in Business Administration (BSBA) with a concentration in marketing from Boston University, a Masters of Business Administration (MBA) with honors from the University of Georgia and is a graduate of the International Coaching Academy where she earned her Certified Professional Coach (CPC) certification. During her 20 year tenure in Corporate America, she excelled in business development, human resources, marketing and operations. Andrea owns and manages ARS Professional Development, where she teaches business professionals and owners how to be more productive. Andrea founded and facilitates the S.U.R.E. Christian Business Women's Network which provides an environment for fellowship, sharing, praying and celebrating. She is a Stephen Minister, providing Christian care to hurting people.

Author: Andrea is the co-author of the award winning book, *Keys to the Kingdom: A Manual for Success in Today's World*. In this book, she provides simple straight forward strategies for achieving success. It shares the "how-to" of successful Christian living. In her second book, *Purpose Quest*, she shows readers how to passionately seek God's purpose for their lives so that they can impact and improve the lives of those with whom they are connected. Her books take sound success principles back to their biblical roots.

Coach: As a Certified Professional Coach, Andrea helps individuals manage their stress so that they can improve performance; enhance personal and professional communications; increase creativity, clarity and focus; improve concentration and alertness; gain greater satisfaction from work and life; develop better problem solving skills; become more optimistic ; reduce pain and have fewer stress-related illnesses. She is an accountability partner, an advocate and a cheerleader. She specializes in stress management and work life balance coaching where she engages her clients in dialogue that helps them achieve success. She draws on years of successful business performance and church servant-leadership to help others achieve personal, professional and spiritual fulfillment.

Speaker: Andrea is a Toastmaster Advanced Communicator Bronze (ACB). She appeared on Cleveland Headline News, The Point of Purpose Show and delivered several segments for The Voice of America - Beyond the Headlines television program (aired worldwide in 54 languages to an audience of over 115 million). Her inspirational messages of hope and restoration help individuals take action, organizations embrace change and groups unite around a common cause. She is a keynote speaker, seminar leader and trainer. She specializes in adult learning and continuing education. Andrea encourages audiences to remove barriers to their success, achieve their goals and reach their full potential.

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