

Meet Barb...

Barbara J. Mayfield, MS, RDN, is a communicator with expertise in business, academia, community programs, professional writing, and speaking. Barb is currently Editor-in-Chief of a communications book for the Academy of Nutrition and Dietetics. She helps other professionals hone their communication skills to more effectively reach their audiences.

Barb's presentations are engaging and interactive. They are tailored to the audience, up-to-date, reality-based, and inspiring. Barb enjoys giving keynotes, concurrent sessions, longer workshops, and webinars.



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Featured Topics



Wish you could conquer miscommunication? Craft words that work!

Have your messages ever been misunderstood or misinterpreted? Has carelessness or a looming deadline caused your team's work to be plagued by mistakes or misprints?

Bring "Miss Communication" to your stage. With humor and insight she will share solutions to common communication blunders and help you create messages that resonate, are memorable, and lead to results. Conquer miscommunication and craft words that work!



Losing your audience? Connect – Engage – Inspire!

Would you like to be a communicator who inspires learning and influences change? Learn how to connect with your audience, create opportunities for engagement and interaction, and creatively deliver content to reach a variety of learning styles. This session makes a great presentation and an even better half-day, full-day, or two-day workshop. A presentation gives a taste of the principles and brief practice. A half or full-day workshop provides depth and more practice. In two days, attendees leave with a practiced presentation and feedback.



Are you hungry to connect? Discover the power of eating together!

Do you desire deeper connections? For all time and in all cultures, people have connected while eating and enjoying food. Sharing meals has the potential to benefit families, workplaces, and communities. Consider the common barriers to eating together and discover reasons and strategies to make shared meals a priority and a reality. Discover the power of eating together!



Nancy Hudson

HHS Extension Educator
Purdue Extension – Fulton County

"You did an outstanding job coordinating, hosting, teaching, facilitating, and the other 50 things you did behind the scenes! I admit that I was just a little skeptical of this workshop – yes, and, I learned a great amount of information which started my brain thinking of ways to connect and engage with my audiences. The workshop was amazing!! Thank you -- you're fabulous!!"



Cheryl Swies

Program Consultant—
Diversified Management Services

"As an event planner, I have had the opportunity to work with speaker, Barbara Mayfield. I have found her to be very professional, organized and timely with requests for paperwork and required information. She has received very favorable evaluation feedback and has been invited by our planning committee to return. I would recommend Barbara as I predict she would bring added value and success to your conference."