

Introducing
BRIDGET HOM



**MEDIA
KIT
2024**

**STUCK ON
READY**

**MOTIVATIONAL SPEAKER
&
BUSINESS LIFE COACH**





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Bridget Hom

**From Divorce, and Single
Motherhood to Empowering
Mindsets and Transforming
Lives.**



Bridget Hom is a renowned Business Life Coach, Author, Inspirational Speaker, and Empowerment Advocate, whose journey into entrepreneurship is a story of courage, tenacity, and innovation. She embarked on her entrepreneurial path during a pivotal time of personal and professional evolution, initially starting her venture as a side hustle. With a background in the seniors industry, Bridget made a significant shift when she launched her coaching business, Bridge to Freedom Coaching, which rapidly transformed from a small-scale operation to a thriving enterprise.

Her coaching style is characterized by a powerful combination of mindset coaching, motivational speaking, and strategic business guidance. Bridget's approach is deeply rooted in the philosophy that personal and professional development are intertwined, and she helps her clients to seamlessly integrate these aspects into a cohesive and empowering life strategy.

Bridget's expertise extends to areas such as overcoming fear, embracing opportunities, effective communication, and balancing business success with personal growth. She has influenced thousands of entrepreneurs and business owners nationwide, particularly through her "Find Your Freedom" program and stuck on ready group coaching programs, which equip entrepreneurs with the tools to unlock their limitless potential, monetize their influence and have a romance with their own lives.

ABOUT BRIDGET

WHO WORKS WITH BRIDGET?

- C-SUITE
- COACHES
- TOP MANAGEMENT
- BUSINESSES OWNERS
- ENTREPRENEURS
- FOUNDERS
- LAWYERS
- CHIROPRACTORS
- POLITICIANS



SOCIAL STATISTICS



6k

followers



9k

followers



900

followers



The Best Selling Book

In this inspiring book, Stuck On Ready she gives life & business strategies that every entrepreneur needs to take imperfect action and how to:

- **FIRE sabotage and HIRE sanity, serenity, and success**
- **Learn how to stop living under the influence and become the Influence in life and business**
- **Become self-aware and implement emotional intelligence in any situation**
- **Unlock the truth and regain control of your brain again**
- **Learn how to sell yourself a new reality in life, business, and relationships**
- **Leverage the power of The Law of Deservability©**
- **Become re-inspired through innovative ways to do sales differently and get results**

Stuck on Ready offers a real and down-to-earth approach to help you break free from fear, lack of motivation, and doing sales from the business-in-the-box mentality. This book helps new entrepreneurs to launch into action with confidence, inspires current entrepreneurs to level up, and successful entrepreneurs to adopt new and innovative ways of bringing their businesses and relationships to life.

In this book, you'll learn to reprogram your mind for success and how to love your life, while gaining the transformative habits needed to achieve all that you want in business and relationships. This book will make you think, and ask yourself questions that make you introspective while launching you into action in life, business and relationships.

Be Ready to challenge yourself to adopt new ways of thinking, being, and doing that serve “who you’re being, when you are doing”. This book will challenge your beliefs while encouraging you to be more and do better and empower the world around you as a means to success.

This book will take you to the depths of your innermost thoughts and challenge the way you do your business right now.

For the business owner, coach, consultant, or leader- this book will be one that you pick up and quote often. To be wildly successful in the pursuit of anything in life or business, you have to be Stuck On Ready.



Here's what people have to say about her...

Helena Smolock, Founder and President at Velocity Athletic Training: "If you are looking to elevate your business by attracting your ideal clients then I definitely recommend Bridget. She is knowledgeable, experienced, and a great mentor."

Peter O'Hara, Peter O'Hara Photography: "Bridget's insights into human behavior and how to alter it to become successful is significant. And on top of that, she really cares very much about providing outstanding service to others. I highly recommend working with Bridget!"

Evelyn Shaw Corley, Mrs. Evelyn International Academy: "Bridget is an absolute inspirational rockstar! She is the magical ingredient for growing your business- and your confidence! I highly recommend her."

Denise VanNoy, CDB, Fit and Balanced Bookkeeping: "Bridget is both motivational & inspirational. She will change your business & your life."

Peter Biadasz, Total Publishing and Media: "Bridget is a great listener with a very insightful mind and fresh perspective. If you want to grow, personally or professionally, schedule a coaching time with Bridget Hom!"

Pam Cappucio, Credit Create: "Bridget is an inspiration and a wealth of knowledge. She truly can change your life. I recommend everyone give her a try. you will be amazed!"

BRIDGET'S MEDIA TOPICS AND QUESTIONS

#1 MINDSET

1. How does mindset influence an entrepreneur's risk-taking and decision-making, and how can they foster a resilient, growth-oriented mindset?
2. What mindset shifts help entrepreneurs turn setbacks into opportunities for growth?
3. What is a "growth mindset" in entrepreneurship, and why is it vital for long-term success?
4. How can individuals overcome limiting beliefs in business, and why is mindset crucial in this process?
5. What mindset attributes are essential for business adaptability, innovation, and staying competitive?

#2 BUSINESS GROWTH

- Question 1: "What daily habits drain our performance energy without us realizing?"
- Question 2: "What is the most important skill set to master for business growth?"
- Question 3: "What does thriving in entrepreneurship look like and is it attainable?"
- Question 4: "Can you provide tips for mastering sales?"
- Question 5: "How can entrepreneurs monetize their influence and stay ahead in business?"

#3 SELF LEADERSHIP

1. What are some practical strategies for enhancing self-leadership, especially during tough times?
2. What misconceptions about self-leadership do you often encounter, and how do you address them?
3. How do you help clients develop self-awareness, and what benefits does it bring?
4. How crucial is mindset in self-leadership, and how can people shift theirs effectively?
5. What tips do you have for maintaining consistency and discipline in self-leadership journeys?

#4 LEADERSHIP AND INFLUENCE STRATEGIES

1. Build genuine connections by actively listening, showing empathy, and offering consistent support.
2. Use social media to engage, communicate authentically, and build trust through transparency.
3. Promote openness by practicing emotional intelligence and creating safe spaces for honest dialogue.
4. Sustain trust through transparency, reliability, and consistently following through on commitments.
- 1.5. Ensure inclusivity by valuing diverse perspectives and fostering respect in all interactions.

#5 COMPANY CULTURE

1. What are some effective strategies for fostering teamwork and collaboration within a company's culture, especially in diverse or remote teams?
2. How does leadership style impact company culture, and what traits do successful leaders exhibit in cultivating a positive team environment?
3. In the face of challenges or conflicts within teams, what approaches do you recommend for leaders to maintain cohesion and motivation among team members?
4. Company culture often evolves over time. How can leaders proactively shape and nurture a culture that encourages innovation, adaptability, and employee well-being?



HAVE BRIDGET AS YOUR NEXT PODCAST GUEST

YOUR NEXT PODCAST GUEST FOR LEADERSHIP, TEAM BUILDING, ENTREPRENEURSHIP, SALES, BRANDING, MINDSET AND MORE

Five Questions to Ask Bridget Hom

- **The Law of Deservability:** Can you explain the concept of the Law of Deservability and how it can be a game-changer for entrepreneurs and leaders in their personal and professional lives?
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- **Emotional Intelligence in Business:** How do emotional intelligence strategies play a role in business success, and what are some practical steps individuals can take to enhance their emotional intelligence?
- 3. **Overcoming Challenges:** Throughout your career, you have helped many overcome challenges. Could you share a particularly impactful story where you helped an individual or organization turn a significant challenge into an opportunity?
- 4. **The Power of Mindset Coaching:** What are the most common mindset blocks you encounter with your clients, and what strategies do you use to help them overcome these blocks?
- 5. **STUCK ON READY Programs and Best Selling Book:** Your STUCK ON READY programs have gained significant acclaim. Can you delve into the core principles of these programs and the transformational impact they have had on your clients? How can our audience access your book?

Book Bridget: Call her Team at 305-783-3380

Get In Touch



BOOK ME >

SPEAKING CONSULT:

<https://calendly.com/bridget-hom/book-bridget-for-your-next-event>



DIRECTION SESSION FOR COACHING:

[BRIDGETHOM.ME](https://bridgethom.me)



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