

Introducing  
**BRIDGET HOM**



**MEDIA  
KIT  
2025**

**STUCK ON  
READY**

**MOTIVATIONAL SPEAKER  
&  
BUSINESS LIFE COACH**





# CONTENT

**1 ABOUT BRIDGET**  
EXECUTIVE BUSINESS AND LIFE COACH

**2 SUMMARY**  
AUDIENCE AND CLIENTS

**3 THE HIGHLIGHTS**  
BEHIND BRIDGET'S BOOK

**4 WHO WE WORK WITH**  
CLIENT TRANSFORMATION TESTIMONIALS

**5 SPEAKING TOPICS**

**6 CONTACT BRIDGET**  
WORK WITH BRIDGET TODAY



## **Bridget Hom**

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



Bridget Hom is a distinguished Business and Life Coach, Author, Inspirational Speaker, and Empowerment Advocate whose entrepreneurial journey exemplifies courage, resilience, and innovation. Launching her career during a transformative period of personal and professional growth, Bridget began her entrepreneurial endeavors as a side project. Leveraging her background in the senior care industry, she pivoted to establish Bridge to Freedom Coaching, a business that quickly evolved from a modest startup into a thriving enterprise.

Renowned for her dynamic blend of mindset coaching, motivational speaking, and strategic business expertise, Bridget empowers teams, leaders, and entrepreneurs to harmonize personal and professional growth. Her philosophy emphasizes the integration of these elements into a unified strategy for success, enabling her clients to achieve organizational excellence, team synergy, and personal fulfillment.

Bridget specializes in helping leaders and teams overcome challenges, embrace opportunities, master communication, and achieve sustainable success. Through her internationally recognized programs, including the Find Your Freedom initiative and the Stuck on Ready group coaching sessions, she has guided thousands of entrepreneurs, executives, and teams to unlock their potential, enhance collaboration, monetize expertise, and cultivate a shared vision for impactful results.

# WHO WORKS WITH BRIDGET?

- C-SUITE
- LEADERS
- MANAGEMENT
- BUSINESSES OWNERS
- ENTREPRENEURS
- FOUNDERS
- LAWYERS
- CHIROPRACTORS
- POLITICIANS



## SOCIAL STATISTICS



6k

followers



10k

followers



1k

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...

**Michael Shapiro, CEO and Founder of Tap Into.** "We're a network of more than 90 franchised online local news and digital marketing platforms in New Jersey, New York, Pennsylvania, and Florida. We hired Bridget to help provide sales training and mentorship to our franchisees, and she's been fantastic. The franchisees have developed more confidence and knowledge, and I couldn't recommend her more. I highly recommend Bridget for all of your coaching needs." You will be amazed!"

**Karen Lau, President at FIRE MIND CORP:** "Bridget Hom is an extraordinary coach. She goes beyond superficial advice to a personal interest in your corporate well-being. I highly recommend her".

**Holly Holliday, CEO of Marketing Agency:** I can't recommend Bridget Hom and Bridge to Freedom Coaching enough. She is on point, a wealth of knowledge and ideas that has helped me catapult my business. She is always accessible and has more energy to cheer and support you than you can ever imagine. I get so inspired everytime I meet with her. Call her now!"

**Florian Steciuch, Insurance Agency Builder:** "Bridget's insights, experience and guidance have me grow my business; more important though, position my business where I am more effective, have more influence, create more vision for clients and agents under my charge, leading to higher profits - all while benefitting our clients, the folks who really count on us".

**Jennifer Richards, All Area Roofing Owner:** "I can't say enough good things about Bridget and her coaching! I had a tough situation to deal with at work and with her expertise and guidance she helped two team members navigate through some difficulties within our organization. She also coached me as a business leader through mindset growth. I highly recommend Bridge to Freedom Coaching; you won't be disappointed!"



# EMPOWERED SPEAKING WITH BRIDGET HOM

## YOUR NEXT MOTIVATIONAL SPEAKER FOR LEADERSHIP, TEAM BUILDING, WORKSHOPS ENTREPRENEURSHIP, AND RETREATS

Bridget Hom is a dynamic and inspirational motivational speaker who captivates audiences with her ability to blend real-world business strategies with personal transformation and authentic alignment. As a leading executive mindset coach, corporate trainer, and business strategist, Bridget has a proven track record of empowering entrepreneurs, leaders, and teams to embrace strategic thinking, build resilience, and create momentum through intentional action.

Whether it's a leadership workshop, team-building/ sales training, or entrepreneurial event, Bridget's engaging and interactive sessions deliver actionable insights tailored to meet the unique needs of her audience. With her signature approach rooted in self-awareness, self-direction, and self-actualization, Bridget inspires individuals to unlock their full potential while aligning their goals with their values. Hire Bridget for your next event to energize your team, ignite innovative thinking, and equip your audience with the tools to achieve lasting success.

**Speaking Topics:** Mindset, sales, relationships building strategies, prospecting, time management, self-leadership, team building, branding, communication, social media marketing, emotional intelligence, business growth, leadership, company culture



# EMPOWERED SPEAKING WITH BRIDGET HOM

## Speaking Topics Session with Bridget Hom

### **Leadership Unleashed: Building High-Performance Teams**

Description: Unlock the potential of your team through intentional leadership strategies. Bridget shares techniques for fostering trust, collaboration, and innovation in your organization while empowering individuals to excel.

Time Limit: 40-60 minutes

Format: Virtual or In-Person

### **Mastering Sales Psychology: Influence and Connection**

Description: Elevate your sales strategies by understanding the psychology of influence and client connection. Bridget teaches how to communicate with authenticity, build trust, and close deals effectively.

Time Limit: 30-60 minutes

Format: Virtual or In-Person

### **Creating a Culture of Connectivity**

Description: Learn how to build a cohesive and inclusive workplace culture that inspires collaboration and drives results. Bridget covers communication strategies, employee engagement, and fostering a shared vision for success.

Time Limit: 50 minutes

Format: Virtual or In-Person

### **The Altruistic Egoist: Intentionality and Influence in Leadership**

Description: Great leaders balance self-awareness with a commitment to serving others. This session explores how to lead with intentionality, foster meaningful relationships, and influence your industry with purpose.

Time Limit: 45 minutes

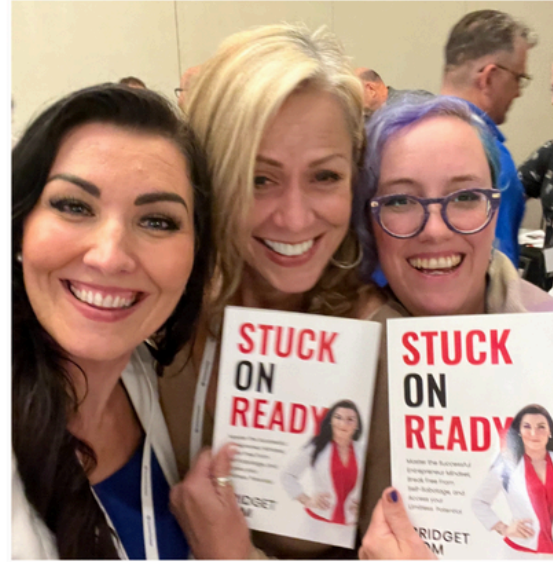
Format: Virtual or In-Person



# What It's Like to Be in a Group Training Session with Bridget Hom?

Step into a Bridget Hom group training session, and you'll instantly feel the energy, focus, and transformative potential in the room. Bridget's sessions are not just about learning—they're immersive, high-impact experiences designed to unlock your potential and elevate your business and personal growth. Here's what you can expect:

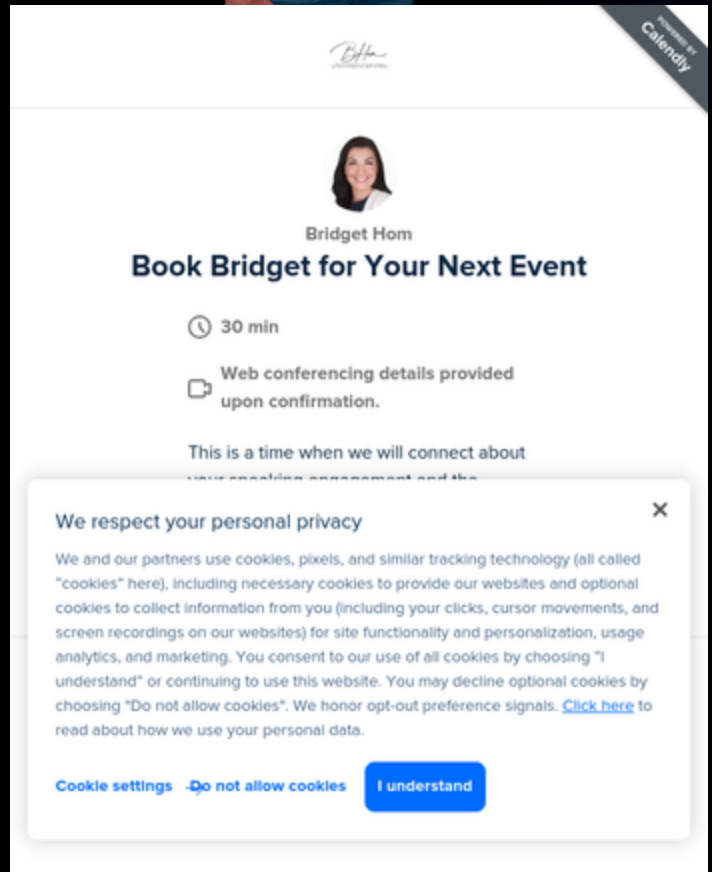
- **Dynamic Engagement:** Bridget's vibrant and relatable coaching style keeps participants fully engaged. She seamlessly blends thought-provoking questions with actionable strategies, ensuring every moment is valuable and relevant.
- **Practical Takeaways:** Forget abstract theory. Bridget focuses on providing practical tools and actionable insights you can implement immediately. Whether it's a mindset shift, a sales strategy, or a leadership framework, you'll leave with real-world solutions tailored to your challenges.
- **Collaborative Atmosphere:** Bridget fosters an inclusive and supportive environment, encouraging collaboration among participants. This is a space where shared experiences and collective wisdom amplify learning.



continued...

- **Breakthrough Moments:** Through her unique blend of humor, empathy, and expertise, Bridget has a way of helping participants uncover and overcome limiting beliefs. You'll experience those "aha" moments that spark confidence and clarity.
- **Focused on Results:** Bridget's sessions are designed to drive results. With her guidance, you'll learn to harness direction and strategy to create momentum, break through obstacles, and move closer to your goals.
- **Interactive Exercises:** From guided mental rehearsals to communication role-play and group brainstorming, Bridget's training sessions keep you actively engaged and leave you with newfound skills to apply immediately.

Being in a session with Bridget Hom is more than just coaching—it's an empowering journey toward your next level of success. Prepare to be challenged, inspired, and equipped to step into your full potential!





# 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?
  - 
  - **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

Activate the Law of Deservability™ in your Business and Life



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# Get In Touch



**BOOK ME >**

SPEAKING CONSULT:

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

**FOLLOW US >**

STRATEGY SESSION FOR CONSULTING:

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

