

Yarrow is the CEO (Chief Entrepreneurial Officer) of Conscious Toolbox.com. She is a Motivational & Inspirational Speaker, Corporate Executive/Employee Trainer, Personal Energy Coach and Author.

Her expertise in “energy” is featured in an article “*Space Woman*” in *The Baltimore Magazine* (Oct 2007.)

Yarrow facilitates business groups, associations and individuals in shifting their life by exploring current thinking, behavior and paradigms. Using her powerful training tool, *Master Your Energy*®, Yarrow skillfully guides people through a series of self-reflection to understand their personal role in creating the culture in their workplace and personal lifestyle.

In addition, by harnessing the power of the internet, she brings unique products, services, concepts and practical tools to people who are seeking to live happier, healthier and more conscious. Yarrow is passionate about empowering individuals who want more out of life and who are motivated toward self-development and personal growth.

Yarrow is a contributing author to three anthologies: 1) The Spirit of Women Entrepreneurs- Real Life Stories of Determination, Growth & Prosperity©2007; 2) Conscious Entrepreneurs-A Radical New Approach to Purpose, Passion & Profit ©2008; and, 3) Loss, Grief & Healing ©2007.

She is a graduate of **Psychosynthesis**, U.of CA, Berkeley; a **2006-2007 Graduate of Anne Arundel Leadership Neighborhood Academy** and was a nominee for the **2006 Annual Entrepreneur of the Year Business Award** by the Annapolis & Anne Arundel County Chamber of Commerce.

Yarrow is a Member of the Board of Directors for Entrepreneurs Exchange (EE); a Member & Sponsor of CEO Junction; and held a 2-year Board of Directors Committee position as the Publicity Chair for the Maryland Capital Chapter of the American Business Women’s Association (ABWA).

For more information, please visit www.ConsciousToolbox.com.