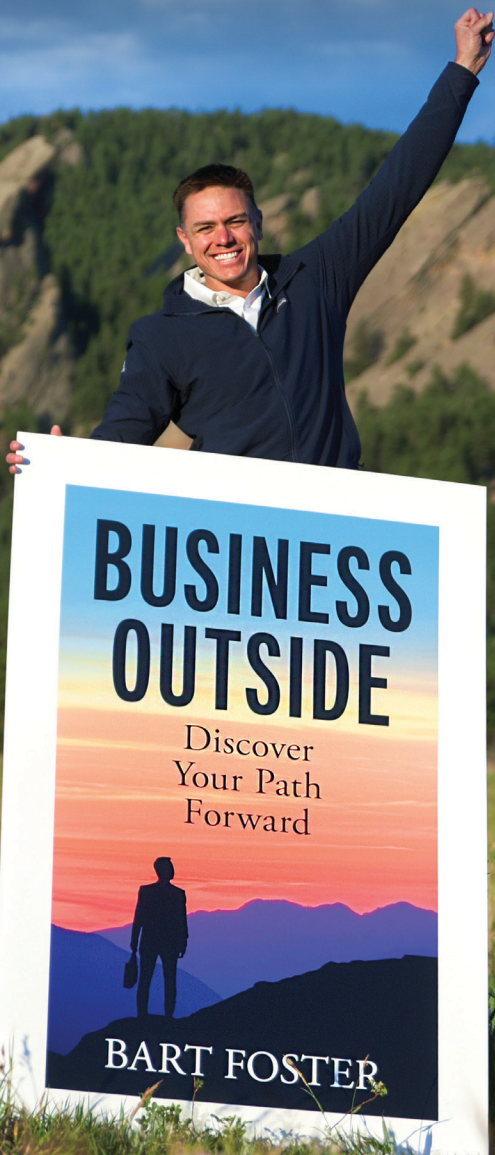


**AUTHOR | MOTIVATIONAL SPEAKER | EVENT FACILITATOR**



# Bart FOSTER

## DOING BUSINESS, OUTSIDE

### ATTRACTS AND RETAINS THE BEST PEOPLE.

Living at your best means embracing authenticity to feel healthy, grounded, and connected. Bart Foster reveals a science-inspired philosophy that reimagines corporate culture; allowing for increased creativity, meaningful connections, and psychological restoration.

Throughout his book, keynotes, workshops, or retreats, Bart shows how to rise above societal and outdated corporate norms that hinder growth. Through a series of personal assessments and exercises, you will learn why feeling personally fulfilled matters in your career and how to integrate proven practices that will put you on the path toward an authentic, intentional life. By exploring these methods, you and your team can guide employees to be

### HAPPIER, HEALTHIER, AND MORE PRODUCTIVE.

## ABOUT BART

Bart Foster is the founder and CEO of BusinessOutside®, a facilitation and training company focused on engaging, inspiring, and empowering individuals and teams to get outside in nature and outside their comfort zones.

After climbing the corporate ladder and building a successful healthcare startup, Bart found his true calling as an advisor, speaker, and coach to executives throughout the world. He lives in Boulder, Colorado, with his wife and two kids. Most mornings, Bart can be found hiking the peaks above town, usually with someone in tow, discussing business, outside.

## PRAISE FOR BUSINESSOUTSIDE

“BusinessOutside provides a path to getting outside of your comfort zone, freeing the brain and soul to make more meaningful connections with others”

– Carla Pineyro Sublett, CMO at IBM

“BusinessOutside is the perfect antidote to our new pandemic life, and will dramatically grow in importance as people seek a new normal – an inspiration for living an intentional life”

– David Cummings, CEO of Atlanta Ventures



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