



GET TO KNOW ME

Barbara Woo

Business Systems & Operations Manager

Years of Experience: Over 20 years of experience in business strategies and optimization.

Education: Bachelors in Psychology, Personal Trainer, Life Coach, Nutrition Counseling

Industry Experience: Owner operator of Woo Kickboxing Academy (New Hampshire and Florida), Business Startups, Franchise experience



Why do you love what you do? What I love most about my profession is helping businesses work smarter, not harder. I'm passionate about developing strategies, optimizing operations, building scalable processes, enhancing procedures, and creating training programs that empower people to succeed.

I live in Epsom, New Hampshire, where my faith in God and my family are the foundation of who I am. I love spending time with my kids, and nothing brings me more joy than seeing others smile, grow, and succeed. I find the greatest fulfillment in being the person behind the scenes who builds strong foundations, empowers others to succeed, and helps turn great ideas into lasting success.

CONTACT US:

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