

A Businesswoman On How She Jump Starts Her Day

Barbara D'Amato interviewed on Thrive Global on the Notion of Value Creation. Plus the three things she does when she unexpectedly finds 15 minutes in her day

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THE THRIVE QUESTIONNAIRE

Check out [Trilogy Brands CEO Barbara D'Amato's](#) responses in this interview on Thrive Global, a new media and technology company by Arianna Huffington. Link:

<https://www.thriveglobal.com/stories/24022-a-businesswoman-on-how-she-jump-starts-her-day>.

Topics on energy, failure, how to overcome it, sleep, technology, secret life hack, and the notion of value creation.



Barbara D'Amato, the quintessential 'next generation' global citizen recognized as a leading expert in retail and entertainment, shares her vision on courage, focus and how to think creatively to effect global change.

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Thrive Global

Thrive Global is a new media and technology company offering science-based solutions to a global audience focused on the secrets of well-being and performance. Thrive Media is a new media platform company founded by Arianna Huffington, the owner of the Huffington Post.

The Thrive Questionnaire is an ongoing series that gives an intimate look inside the lives of some of the world's most successful and interesting people. How they thrive is the central focus of the Thrive Questionnaire, when asking global

leaders, athletes, celebrities, CEOs and more about their work and personal habits, well-being and productivity.

Among others interviewed are Virgin CEO Richard Branson, Amazon CEO Jeff Bezos, Gates Foundation philanthropist Melinda Gates, Former Mayor of New York Michael Bloomberg, Actress Priyanka Chopra, Entrepreneur Mark Cuban, Astrophysicist Neil deGrasse Tyson, TV Host and Comedian Bill Maher, and more. <https://journal.thriveglobal.com/questionnaire/home>

About Barbara D'Amato

Barbara D'Amato is an influencer and strategy director focusing on global brand development and growth for the world's top brands. Recognized as a leading expert in retail and entertainment, and cross-border partnership opportunities. A sought-after speaker globally on leadership, finance, and entrepreneurship. A visionary change agent for women and youth. A global catalyst. And a next generation global citizen. www.trilogybrandsgroup.com

Barbara D'Amato
Trilogy Brands Group
+1 949 922 2295
[email us here](#)

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