

*Curriculum Vitae*

**Dr. Iris Killian Barrett**

603 29th Avenue, NE #208

Hickory, NC 28601

828-327-7848

Email: [irisbarrett@thewordismylife.com](mailto:irisbarrett@thewordismylife.com) Website: [www.thewordismylife.com](http://www.thewordismylife.com)

**PERSONAL OBJECTIVE**

---

My professional objective is to be used by God to fulfill His plan and purpose for my life. To date, my unique skill sets center on the development of people - adult education, leadership development, organizational development, ministry, mentoring, teaching, and writing. My approach to people development foundationally involves the Word of God and extends to the co-creation of results-oriented plans to help others accomplish life goals and vision. As a critical thinker and scholarly practitioner, I first expand my own capacity by delving deeper into my own spiritual and personal development as well as expanding my knowledge through research, reading, and writing. By humbly using my extensive background in a breadth of areas, I am able to help others fulfill their life purpose and goals.

**EDUCATION**

---

**Regent University, Virginia Beach, VA** 2009-2012  
*Doctor of Education*  
Area of Concentration: Adult Education  
Honors: 2011-2012 Beazley Full Tuition Scholarship

**Duke University, Durham, NC** 1984-1986  
*Master of Business Administration*  
Area of Concentration: Human Resources Management  
Honors: Fuqua Business School Fellowship

**University of North Carolina, Chapel Hill, NC** 1980-1984  
*Bachelor of Science in Public Health, Summa Cum Laude*  
Area of Concentration: Health Policy and Administration  
Honors: Pogue Scholarship, Morehead Tuition Merit Scholarship

**TEACHING AND PROFESSIONAL EXPERIENCE**

---

**"The Word is My Life" Training Ministry, Hickory, NC** 2002-present  
*Founder and Owner*  
Consult in the area of spiritual growth for individuals, ministries, and churches. Provide leadership development and adult education sessions for businesses, educational institutions, community organizations, and ministries. Mentor women, men, and young adults

in areas of leadership and spiritual growth. Provide for my community and the nation at large a “ministering website” that provides encouragement writings, inspirational videos, prayers, Biblical mentoring, and teaching to those desiring soul care.

**Christian Community Outreach Ministries, Hickory, NC** **2002-present**  
*Counselor and Trainer*

Minister to and instruct clients in developing and navigating life management plans. Over 4000 clients have been counseled since 2002.

**Regent University, Virginia Beach, VA** **2012-present**  
*Adjunct Professor – Adult Education and Leadership*

Instruct adult education, leadership development, and Christian worldview courses in the School of Education for Master’s and doctoral students. Online format.

Courses Taught:

- \* EDSL 727 – Supervision and Professional Development
- \* EDSL 715 – International/Global Issues in Adult Education
- \* EHEA 509 – Leadership and Organizations
- \* ESAE 810 - Teaching and Learning: Theory/Research in Adult Development
- \* EFND 706 – Christian Worldview for Educators
- \* EFND 707 – Advanced Study of Worldview
- \* ESCP 505 – Psychology and Development of the Learner
- \* ETSL 540 – Multicultural Education

**Herbalife, Winston-Salem, NC** **2017-2018**  
*Leadership Development Consultant*

Conduct leadership training and facilitate collaborative sessions

**Christ Alive Church Bible College Cohort** **2015-2019**  
*Director and Advisor*

Advise students and direct the implementation of Christ Alive Church’s Bible College cohort, which is an extension of Bridges Christian College.

**Catawba Valley Community College, Hickory, NC** **2015-2016**  
*Instructor*

Instruct a college success course and mentor students who plan to transfer from community college to a four-year university.

**Mountain State University, Beckley, WV** **2008-2012**  
*Adjunct Professor – Organizational Leadership*

Instruct leadership courses in the Bachelor of Science in Organizational Leadership program. Hybrid format: Face-to-face and online.

Courses Taught:

- |                                       |  |
|---------------------------------------|--|
| * The Adult Learner                   | * Leadership                               |
| * Principles and Issues of Management | * Principle-Centered Leadership            |
| * Organizational Behavior             | * Principles and Issues of Human Resources |
| * Ethics                              | * The Learning Organization                |
| * Problem Solving Practicum           | * Organizational Development and Change    |

**Corning Cable Systems, Hickory, NC**

1986-2002

*HR Director*

Consulted with executive leadership on human resources issues and participated in organizational decision making on the division level.

*Staffing and Development Manager*

Supported Cable Division in areas of staffing, training, succession planning, performance evaluation, and community involvement.

*Quality and Education Manager*

Managed Corporate Quality and Education Department with responsibility for training company employees in national and international locations.

*Training Supervisor*

Designed manufacturing training and qualification systems, developed workforce trainers, and conducted leadership development programs.

**MINISTRY PUBLICATIONS**

---

➤ *Encouragement Series*: 23 Encouragement Guidebooks on areas of life challenge

- Seeking God for Healing
- Overcoming Financial Problems
- Overcoming Loneliness
- Encouragement for Your Marriage
- Overcoming Job Problems
- Overcoming Unforgiveness
- Overcoming Anger
- Freedom from Addiction
- Overcoming Fear
- Encouragement for Your Family
- Overcoming Depression

- Overcoming Stress
  - Freedom from Suicidal Thoughts
  - Encouragement Through Divorce
  - Encouragement in Job Loss
  - Encouragement as You Age
  - Comfort in Grief
  - Encouragement for Your Future
  - Making Difficult Decisions
  - Freedom from Sexual Abuse
  - Overcoming Guilt
  - Freedom from Sexual Addiction
  - Overcoming Rejection
- *Choose To Be Whole*: Instructional guidebook on prayer, health, and healing
- *Live An Overcoming Life: Discover Pain's Purpose* – Ebook on how to live free in Christ despite a painful past

## **RESEARCH INTEREST**

---

Dissertation: “Student and Institutional Variables That Affect Time to Degree Completion of Community College Students”  
- Regent University, 2012

I plan to further explore student, institutional, and other variables that reduce time to degree completion of community college and four-year college students. I am also interested in research on the concept of adult mentoring and the development of life navigation skill and self-determination in adults.

## **PROFESSIONAL WORKSHOPS**

---

### Staff Professional Development

- Motivational session for professional staff, Catawba Valley Community College, October 2005
- “Building Capacity for Greater Parent-Teacher Success”
- Grandview Middle School Teacher Development, March 2007
- “Kingdom Principles for Victory and Freedom”
- Hickory Community Chapel Women’s Conference, March 2007
- “Setting a Personal Standard for Leadership”
- International Association of Administrative Professionals Forum, February 2009
- “Diversity/Avoiding Harassment in the Workplace”
- Actavis Corporation, June 2009

“Victory Over Depression and Anxiety”

- Wise Women Speakers Association Women’s Conference, October 2009

“Preparing Within for Life’s Next Steps”

- Jobseekers, June 2010

Strategic Planning Workshop

- Maiden Rosenwald Community Development Corporation, November 2010

“The Leader Within”

- Small Business & Technology Development Center Professional Development, November 2010

Teen Workshop/Family Conference

- Maiden Chapel Baptist Church, June 2012

Teacher Training: “The Call to Teach”

- Maiden Chapel Baptist Church, October 2012

Training Institute: “A People Pursuing Peace”

- Maiden Chapel Baptist Church, April 2013

Prayer Conference: “Answering the Call to Intercession”

- Maiden Chapel Baptist Church, November 2013

Family Conference: “Keys to Physical Health”

- Maiden Chapel Baptist Church, June 2014

Discipleship Retreat: “Gospel Coaching”

- Christ Church, September 2014

Chapel Speaker: Various Spiritual Formation Topics

- Bridges Christian College, 2015-2016

Student Leadership Symposium Panelist

- Catawba Valley Community College, April 2016

Staff Leadership Development: “Multicultural Ministry” Christ Alive Church, May 2018

Church Workshop: “Healed to Serve”

- Clinton Tabernacle A.M.E. Zion Church, October 2018

People and Ministry Development: “Called to Be Whole” (Group)

- “The Word is My Life” Training Ministry, June and August 2021

Believer Discipleship Ministry: “Blessed Endurance”

- “The Word is My Life” Training Ministry – Bi-monthly 2022/2023

## **KEYNOTE PRESENTATIONS**

---

“Fulfilling Purpose: Lessons Learned Along the Way”

- Foothills Republican Women, April 2004

“Setting a Personal Standard for Leadership”

- Leadership Institute, Catawba Valley Community College, April 2006

“Motivating and Retaining Good Employees”

- IFH Food Service Distribution Training Event, May 2006

“Career Transitions for Women”

- Foothills Professional Women's Group, July 2007

“Quality: The Human Element”

- Bank of Granite, November 2007

“Building Strength from Within”

- Actavis Service Awards, April 2010

Dissertation Panel Discussion

- Regent University, School of Education Residency, July 2012

Interviewing Skills Workshop

- Leadership Academy, Catawba Valley Community College, March 2013

“You are a Blessing in Your Generation”

- Fundraising Event, Meeting Room Baptist Church, March 2014

Sunday Message: “It’s Already All Right”

- Maiden Chapel Baptist Church, Sunday Morning Message, June 2014

“Finding Purpose through Biblical Service”

- Harvest Christian Academy, April 2016

Spiritual Growth and Leadership Development – Bimonthly Sessions

- Women With a Call, 2005 to present

“Staying on a Path of Achievement”

- Black Achievers Youth Group Banquet, YMCA, May 2017

“The Power of God: The Force that Changes Things”

- Women’s Empowerment Service, Dulatown Presbyterian Church, June 2017

“Arise! Women of Destiny and Purpose”

- Hickory Aglow Women’s Fellowship, Featured Speaker, August 2017

“5 Keys to Being Used of God Powerfully in the Last Days”

- Hickory Aglow Women’s Fellowship, Featured Speaker, June 2019

“Answering the Call on Your Life in This Season”

- Hickory Aglow Women’s Fellowship, Featured Speaker, April 2021

“How to Build a Life That Pleases God”

- “The Word is My Life” Training Ministry, May 2021

“How to Manifest Your Purpose and Advance God’s Kingdom”

- “The Word is My Life” Training Ministry, May 2021

“Christian Community Outreach Ministries – Overview of Community Ministry”

- Hickory Bible Church, Featured Speaker, September 2022

## **SKILLS/PERSONAL PROFILE**

---

- Exceptional leadership, public speaking, and ministry abilities
- Strong interpersonal skills with the ability to work well with individuals and groups at all levels
- Strong team player as well as individual performer
- Keen ability to multi-task in a professional, relaxed, and organized manner
- Excellent ability to shape and develop potential, gifts, and talents in others

## **PROFESSIONAL ASSOCIATIONS**

---

Member, American Association of Christian Counselors (AACC)	<b>2004-present</b>
Member, Christian Educators Association International (CEAI)	<b>2009-2012</b>
Member, Society of Human Resources Management (SHRM)	<b>1997-2002</b>
William C. Friday Fellow for Human Relations	<b>1997-1999</b>

## **COMMUNITY SERVICE**

---

Believer Discipleship Ministry Leader, <i>Blessed Endurance</i>	<b>2022-present</b>
Ministry Website - <i>“The Word is My Life” Training Ministry</i>	<b>2015-2023</b>
Leadership Training Leader and Blog Author, <i>Women with a Call</i>	<b>2005-2020</b>
Christ Alive Church – Intercessor and Altar Worker	<b>2015-2020</b>
Maiden Chapel Baptist Church – Adult Teacher and Workshop Developer, Speaker, and Intercessor	<b>2010-2015</b>
Board Member, Bank of Granite	<b>2005-2010</b>
Hospice Patient Volunteer	<b>2003-2007</b>
Trustee, Catawba Valley Community College	<b>1998-2004</b>
Board Member, Chamber of Commerce	<b>1995-1997</b>

## **AWARDS AND CERTIFICATIONS**

---

Black History Award – 1st Black Female on CVCC Board of Trustees	<b>2023</b>
Certificate Course, Professional Life Coaching - AACC	<b>2022</b>
<i>Who’s Who Among Students in American Universities and Colleges</i>	<b>2010-2011</b>

Certificate Course, Biblical Counseling – AACC	<b>2008</b>
Certification, Senior Professional in Human Resources (SPHR)	<b>2000-2002</b>
Woman of Distinction, Girl Scouts, Hickory, NC	<b>1999</b>
Outstanding Business Woman of Catawba County	<b>1993</b>