

Curriculum Vitae

Dr. Iris Killian Barrett

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PERSONAL OBJECTIVE

My professional objective and the desire of my heart is to be used by God to fulfill His purpose for my life. My unique skill sets center on developing people with an emphasis on adult education, leadership development, spiritual formation, counseling through ministry, mentoring, teaching, and writing. My approach to people development is fundamentally rooted in the Word of God and extends to the co-creation of results-oriented plans that help clients achieve their life vision and goals. I live and teach by example, seeking to expand my capacity to guide others by delving deeper into my own spiritual and personal development. A Bible verse that captures my life's focus is Philippians 1:21a: "For to me, to live is Christ."

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 |

1986-2002

Corning Cable Systems, Hickory, NC

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

Highland Baptist Church: Leadership Team Mentoring

- “Women of the Word” Ladies’ Group – Monthly 2025

Group Ministry: “Submitting to God” and “Soul Wound Healing” Group Session

- “Women of the Word” – Parachurch Group – November 25, December 2 and 9

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

“Deborah, Judge of Israel”

- Cameron Grove Bible Study Group, Featured Speaker, October 31, 2023

“Clarity and Hope in God’s Word for Mental Health”

- Pleasant Grove Baptist Church, Featured Speaker, March 23, 2024

“Jesus’ Heart for Women Who Seek”

- Cameron Grove Bible Study Group, Featured Speaker, March 26, 2024

“The Bible is Manna”

- Women of the Cross Online Group, Featured Speaker, January 21 and 28, 2025

“People of the Spirit”

- Cameron Grove Bible Study Group, Featured Speaker, March 2025

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

COMMUNITY SERVICE

Highland Baptist Church Ladies’ Ministry – Leadership Mentor	2025
YouTube and Facebook Video Ministry	2019-present
Ministry Website - “The Word is My Life” Training Ministry	2015-present
Leadership Training Leader and Blog Author, <i>Women with a Call</i>	2005-2020

Christ Alive Church – Intercessor and Altar Worker	2015-2020
Maiden Chapel Baptist Church – Adult Teacher and Workshop Developer, Speaker, and Intercessor	2010-2015
Board Member, Bank of Granite	2005-2010
Hospice Patient Volunteer	2003-2007
Trustee, Catawba Valley Community College	1998-2004
Board Member, Chamber of Commerce	1995-1997

AWARDS AND CERTIFICATIONS

Certificate Course, Mental Health Coaching (AACC)	2024
Black History Award – 1st Black Female on CVCC Board of Trustees	2023
Certificate Course, Professional Life Coaching (AACC)	2022
<i>Who's Who Among Students in American Universities and Colleges</i>	2010-2011
Certificate Course, Biblical Counseling (AACC)	2008
Certification, Senior Professional in Human Resources (SPHR)	2000-2002
Woman of Distinction, Girl Scouts, Hickory, NC	1999
Outstanding Business Woman of Catawba County	1993