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## **Gambit's 40 Under 40 (2015)**



**Amy Sneed Barrios, 39**

Owner, Multimedia Solutions

[www.mmsnola.com](http://www.mmsnola.com); [www.facebook.com/amy.barrios](http://www.facebook.com/amy.barrios); @amysneedbarrios

**Book currently reading:** *Yes Please* by Amy Poehler

**Favorite Twitter account:** @andylasnier

**Favorite local band:** Vivaz

**Favorite restaurant:** Jacques-Imo's

**What do you do in your off time?** Hang out with my kiddos.

In a decision many would consider professional suicide, Amy Sneed Barrios voluntarily walked away from a high-level television career in order to create a media consulting and PR business that takes advantage of her media experience, allows her to work for causes in which she believes and provides the more balanced work and home life she was seeking.

Sneed Barrios believes in getting things done, a drive that others recognized early when she was offered a job as an associate producer at a Baton Rouge television station while still in college. From there she went to Dallas to work but was lured back to New Orleans to be the executive producer at WDSU-TV. It was a job she loved, until her eldest son reached kindergarten and her late-night hours meant less time with him. Barrios decided to walk away from the job, a decision she says was easy to make and one in which she had complete confidence.

Sneed Barrios now uses her television experience to help clients tell their stories, and she's particularly passionate about causes involving children. Everything she has done, from her 17 years in television to becoming a mom, positioned her perfectly to do the work she now does, she says.

"I feel really good that I can take what I have learned and use it to help people," she says. "And I feel fortunate that I can do this on my own terms. I'm exactly where I am supposed to be." — *Laura Ricks*