

# SABRINA CADINI



## EXPERTISE - TOPICS

Life-Work Balance

Productivity & Time Management

Creative Thinking

Vision Boards

Tech Tools

Live Streaming

Social Media

Sabrina Cadini is a Life-Work Balance Strategist. She helps busy creative entrepreneurs elevate their brand, amplify their visibility, develop a winning mindset, and increase their sales while practicing self-care for a meaningful, healthy life and running a business they love.

An entrepreneur at heart, Sabrina founded La Dolce Idea Weddings & Soirees, an internationally published and award-winning event design and planning company, in the late 80s. Thanks to her creative and organizational skills, she created unique and memorable experiences for wedding clients and non-profit organizations.

She served on the Board of the Association of Bridal Consultants (San Diego Local Networking Group) as Director between 2010-2016, and she had the opportunity to mentor and inspire aspiring wedding professionals who were looking to start and run a profitable creative business. She eventually expanded her event planning services to business coaching for Weddingpreneurs.

In 2012, after experiencing entrepreneurial burnout, Sabrina completely changed her lifestyle, and she became an expert on the body and mind connection. Since then, Sabrina has been on a mission to change the life of other business owners who want a thriving business without sacrificing their personal life. Her Life-Work Balance program offers proven strategies and systems that allow her clients to get in control of their personal and professional life while successfully achieving their goals. Her focus is on a better lifestyle as the foundation for success: life comes first, then work can get done.

Sabrina is also the co-author of *Insiders Know-How: Running Your Own Business (Thought Leaders Edition)* for ambitious entrepreneurs. Her chapter covers the basic principles that you need to apply to your daily routine for an ideal life-work balance.

Sabrina is very involved in live streaming and social media. She loves technology (in moderation!) and the ability to use it to her advantage for a more connected and productive life. Most of the resources used in her coaching programs, presentations and workshops include paperless solutions, apps and tech tools.

She lives in Southern California with her husband, their son and a sassy Himalayan cat, Miss Mocha.

[SabrinaCadini.com](http://SabrinaCadini.com)



## PROGRAMS

### LOVE YOURSELF, OWN YOUR LIFE

Do you feel ...

- Busy but not very productive?
- Pulled in different directions without time for yourself?
- Overwhelmed and tired every day?

You will learn a proven system to achieve life-work balance thanks to five principles that focus on the body & mind connection and on different areas of your life: personal, professional and physical.

You will leave with a deeper knowledge of yourself, and actionable steps to improve well-being, increase energy and productivity, reach goals, conquer happiness, be more successful in life, in business, and increase your sales.

### LET'S GET TECH-SAVVY! PRODUCTIVITY TOOLS AND STRATEGIES

Do you feel lost when it comes to productivity and time management?

Did you try everything and still get stuck in your business?

Learn about the greatest and latest systems, hacks, and apps to manage and promote a creative business from lead capture to finished product or service.  
(We will test some of the apps during the presentation. Wi-Fi required)

### DEFINE YOUR FUTURE WITH VISION BOARDS

How do you envision your life in the next six months? One year? Ten years?

Learn how to use your imagination, change your mindset and influence your decisions by creating a vision board, and create a new reality in your life.  
(Interactive workshop - Supplies will be provided)

Topics can be entirely customized based on your audience.

Formats available: Workshops ~ Luncheons ~ Keynotes

"Excellent workshop!  
It was very informative and I had the opportunity to learn new strategies. Sabrina gives a lot of great nuggets!"

"I never thought her Life-Work Balance program could have such a positive impact on my daily life."

"Sabrina has been amazing! She's informed me on and encouraged me to embark on styled shoots! Soon me and the amazing group I worked with are being featured in a local bridal magazine"

"I had no idea I could use so many useful apps and systems to run my business seamlessly, Sabrina is a genius! I'm very happy I attended my group luncheon!"



## BOOK SABRINA TODAY!

### SABRINA CADINI, PWP, GWP

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