

SABRINA CADINI



EXPERTISE - TOPICS

Life-Work Balance

Productivity & Time Management

Creative & Positive Thinking

Vision Boards

Tech Tools

Sabrina Cadini is a professional Life-Work Balance Strategist and Productivity Coach. She helps busy creative professionals elevate their brand, develop a winning mindset, and increase their sales by focusing on the body & mind connection. That way, they can live a meaningful, healthy life while running a business they love.

A solo 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.

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 wedding professionals who were looking to start and run a profitable creative business.

In 2011, Sabrina experienced entrepreneurial burnout. This turning point forced her to completely re-evaluate and change her lifestyle, and she was able to see extraordinary results both in her personal and professional life. She learned different techniques and developed proven strategies and systems to amplify visibility, attract the right client, create healthy habits, achieve goals, become more profitable, and ultimately build a solid career.

Since then, she has been changing the lives of other business owners who want a thriving business without sacrificing their personal life. Her Life-Work Balance program focuses on improving your lifestyle as the foundation for success in your business: life comes first, then work can get done.

People don't realize there's a tight connection between body and mind. When your body is in balance and feels good then work benefits from it because your energy and well-being improve. There's much more than trying to find a few hours to relax or setting boundaries between you and your clients. It all starts in your body.

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



TOPICS

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!

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