

# SABRINA CADINI



## EXPERTISE

## TOPICS

Life-Work Balance

Brain Fitness / Wellness

Productivity & Time Management

Vision Boards

Sabrina Cadini is a Brain Fitness Coach and Life-Work Balance Strategist.

She helps busy professionals improve their well-being while optimizing their personal and professional life without sacrificing precious time.

Sabrina has a powerful story to share that can inspire others. We live in an era where chronic stress and chronic disease are on the rise, but we can take control of our well-being by taking better care of ourselves.

After designing and planning successful events and weddings for over 25 years, Sabrina experienced entrepreneurial burnout in 2011.

This turning point forced her to re-evaluate and change her lifestyle.

She developed proven strategies and systems to create healthy habits while achieving goals, attracting the right client, becoming more profitable, and ultimately building a solid career.

Sabrina's talks and programs focus on the body & mind connection, and they can help you improve 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 and brain are aligned and they work together, your business benefits because your well-being, energy, and productivity 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 (and in your brain).

We all know that a winning mindset, focus, clarity, determination, and distraction control can bring success. A well-functioning body and brain allow for cognitive enrichment and create more opportunities for success in your personal and professional life. By optimizing your body and brain through proper nutrition, sleep, exercise, stress management, and the right habits, you can get long-lasting results including a clear and sharp mind, a far more productive and efficient daily life, happiness, creativity, and overall health.

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



## TOPICS

### STILL CHASING WORK-LIFE BALANCE? DON'T BOTHER!

Do you feel ...

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

Forget about work-life balance, it all starts in your body with life-work balance!

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 and brain function, increase energy and productivity, create habits, manage stress, reach goals, conquer happiness, be more successful in life, in business, and increase your sales.

### BOOST YOUR BRAIN, BOOST YOUR LIFE!

Our brain can be our best friend, yet we don't take care of it enough.

Learn how to be in control of your life and success by maximizing your brain power.

You will learn how to:

- Enhance neurogenesis (yes, we can grow new neurons!)
  - Adopt new habits
- Feed your brain with the right nutrients and fluids
  - Manage stress
- Engage in activities for optimal brain health

### 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 and format  
(workshop ~ luncheon ~ keynote)

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

"Sabrina's "Boost Your Brain,  
Boost Your Life" program  
was an eye opener!  
It's been only a week since I  
implemented her tips and I'm  
sleeping much better"

"I had no idea  
I could do so much  
to improve my lifestyle.  
Sabrina is a genius!  
I'm very happy I attended  
that group luncheon!"



## BOOK SABRINA TODAY!

**SABRINA CADINI, CBFC**

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