

SABRINA CADINI



EXPERTISE

Life-Work Balance

Brain Wellness

Epigenetics

Productivity & Time Management

Sabrina Cadini is a Holistic Precision Life Coach, Brain Wellness Coach, and Life-Work Balance Strategist.

She empowers high achievers to live and work better thanks to customized lifestyle interventions.

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, and it seems impossible to find balance in our modern society, but it can be done when we re-organize our priorities.

After designing and planning successful events and weddings for over 25 years, Sabrina experienced 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 interactive talks and workshops focus on her signature program, Life-Work Balance: life comes first, then work can get done. She blends well-being principles with epigenetics, neuroscience, positive psychology, biohacking, and mindfulness techniques to help you implement effective behavior changes.

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.

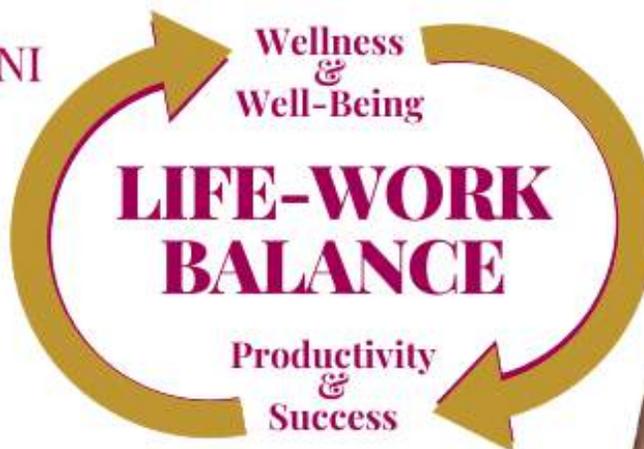
There's much more than trying to find a few hours to relax or setting boundaries between you and your clients. It all starts in your body (and in your brain).

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, movement, sleep, stress/anxiety/burnout management, self-care and social connections, and time optimization, you can get long-lasting results including a clear and sharp mind, a far more productive and efficient daily life, happiness, creativity, improved well-being, and sustained success.

SabrinaCadini.com

SABRINA  CADINI

Holistic
Life Coaching
for high achievers



TOPICS

THE POWER OF YOU WITH LIFE-WORK BALANCE

We all wish to lead a more balanced lifestyle being happy, productive, and motivated. But that's not always possible as busyness is still the norm in our modern society: we're working more but getting less done, we often find ourselves pulled in different directions without time for ourselves because we have "more urgent and important" priorities, we feel overwhelmed by never-ending to-do lists and the ongoing pressures of life and work, resulting in frustration and stress that can lead to health issues and decreased performance.

We eventually conclude that "feeling exhausted" is normal. It may be common, but it's not normal. This is mostly because we overlook our needs as human beings, and we're only focused on "doing" rather than "being." We should be our priority in life. We should stop chasing Work-Life Balance and pursue Life-Work Balance instead.

As a Holistic Precision Life Coach and Brain Wellness Coach, Sabrina Cadini will guide the audience through the Harmony Compass, a 6-pillar framework that focuses on nutrition, movement, sleep, stress/anxiety/burnout management, self-care and social connections, and time optimization, all critical components that influence our biology and everyday life.

Attendees will be able to identify what is preventing them from achieving their goals, they will gain a deeper knowledge of themselves, and they will leave with actionable steps to create their own Life-Work Balance Toolbox, a customized set of habits and strategies to improve their well-being, be more present and fulfilled in life, increase their productivity and deliver the results required in their roles in the workplace.

BOOST YOUR BRAIN, BOOST YOUR LIFE

Our brain can be our best friend when it comes to our personal life and career, yet we don't take care of it enough between longer hours at work, never-ending to-dos for family, a poor diet, lack of exercise, and sleep deprivation.

Attendees will learn how to be in control of their success in life and in the workplace by maximizing their brain performance with the help of epigenetics and neuroscience.

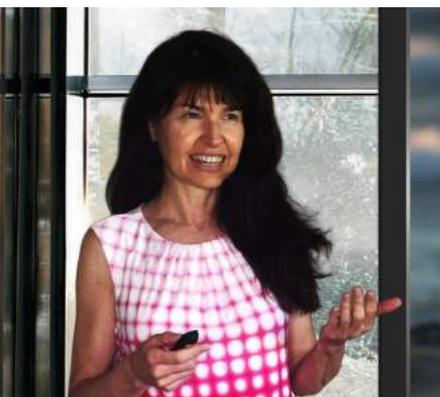
In this neurohack-filled and interactive presentation, Sabrina Cadini will inspire the audience to take actionable steps in different areas for long-lasting transformation and outstanding results:

- How to feed the brain with the right nutrients and fluids
- How to enhance focus and productivity
- How to manage stress, anxiety, or burnout
- How to take advantage of neuroplasticity and neurogenesis

"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 but I'm
already sleeping better and
I have much more energy"

"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, CHLC, CBFC**

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