

# 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.

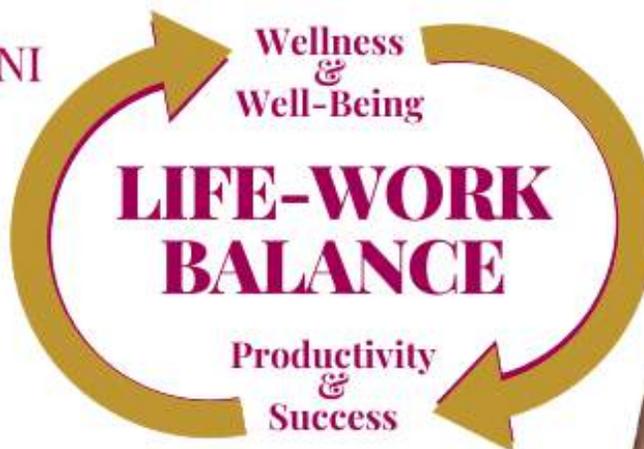
There's much more than trying to find a few hours to relax or setting boundaries between you and your clients. It all starts in your body (and in your brain).

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

Wellness has become synonym with productivity and success, and 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 eventually conclude that "feeling exhausted" is normal. This is mostly because we overlook our needs as human beings (focused on "doing" rather than "being.") We should be our priority. Sabrina will show attendees how to identify what is preventing them from achieving their goals, gain a deeper knowledge of themselves, and leave with actionable steps to create their 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 ally, 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.

In this interactive presentation, Sabrina Cadini will inspire the audience to take actionable steps: they will learn how to maximize their brain performance with the help of epigenetics and neuroscience, how to feed the brain with the right nutrients and fluids, how to enhance focus and productivity, and how to manage stress, anxiety, or burnout.

### REFRAME & THRIVE

Life is stressful for everyone, and for most of us has become the norm in daily life.

And what about time for ourselves? We are usually last on our list, focused on other to-dos and demanding deadlines leaving us exhausted.

Stress is much more than pressure, and when experienced long-term it can lead to chronic disease, shut down your immune system, increase inflammation, cause belly fat, cause brain damage, and even change your gene expression. But stress is not bad, it's how we react to it that can harm us physically, mentally, and emotionally.

Attendees will learn how to: identify the type of pressure (is it stress, anxiety, or burnout?), recognize stressors and triggers (physical, psychological, social, environmental, etc.), create their reframe Toolkit\* for their personal life and workplace, shift their mindset, build resilience, and reclaim their energy, purpose, focus, and joy in their lives for sustained success

\* Live stress assessment included

"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**

**(858) 215-3426**

**Sabrina@SabrinaCadini.com**

**SabrinaCadini.com**

