



*Spring
2023*



**Life-Work
Mastermind**

SabrinaCadini.com



Hi!

I am VERY excited to see you're considering my Life-Work Mastermind.
I really hope you will decide to apply and join.
I can't wait to get to know you better and to help you
upgrade your personal and professional life.

Life-Work Mastermind is a paid mastermind facilitated by me.
Members are a small group of professionals who are committed to
improving their life, willing to meet regularly to share
their experiences, ideas, advice, and to learn from each other.

I always select wonderful people who are
transparent, authentic, honest, and supportive.

Ready to join? Let's look at the details in the next page :)

Life-Work Mastermind - Details

Time Frame: April 11 - June 27, 2023 (2-month commitment, 12 sessions)

Group Size: Up to 8 members

Frequency: We will meet weekly on Tuesdays. All calls will be held on Sessions, Google Meet, or Zoom (to be confirmed as we get closer to the dates). The advantage of meeting online is that you can join from anywhere (your home, your office, while you are on vacation!) as long as you have an Internet connection. Our sessions will be very engaging and interactive so make sure you are in a quiet area where you can pay full attention and be focused during each session.

Times will be confirmed once your application is accepted.

Please note: Everything being discussed in the sessions MUST be kept 100% confidential.

Commitment: Weekly participation in the session (1 hour), plus personalized assignments (1 hour per week at the most).

Things can happen in life, and you may have to miss one session during the series. That's totally fine. In this case, you will be required to:

1. Record a video listing your completed assignments from the previous week (I will play it during the session you will miss)
2. Watch the recording of the session you missed and be ready to provide your feedback at the next session

It's very important that the group sticks together and provides constant support and feedback. This defines the success of a mastermind.

If you miss more than one session your spot will be forfeited with no refunds.

What you will get:

- A community of like-minded professionals who are passionate about what they do, who share the same values, and who are there to support you
- Brainstorming, feedback, and support
- Accountability to keep track of your progress
- Tips and strategies to improve your personal area by optimizing your inner resources: body-mind connection, epigenetics, neuroscience, chronobiology, positive psychology, nutrition, movement, sleep, stress/anxiety/burnout management, self-care, time optimization, mindfulness, emotions, confidence, habit creation and tracking, goal setting
- Tips and strategies to improve your professional area: focus and productivity, performance, goal setting, your creative spark

You will identify your struggles, leverage your strengths and skills, celebrate your wins, you will be on a journey toward a balance between life and work together with other amazing professionals committed to change your and their world.

This will be a growing and learning experience that will empower you in different areas and push you to the next level.

There will be challenges and activities to let you improve your personal and professional life; strategies and tips that you can implement immediately to gain clarity and achieve your goals.

You will finally say hello to that life that you've been dreaming of for years!!!

Resources: You will have access to online resources, tools, programs, books, and more that will help you master life-work balance on your own once the Mastermind is over.

Facebook Group: Private Facebook Group to give you easy access to me and the other members. We will communicate, exchange ideas and thoughts, and support each other. The energy is always amazing and truly inspiring there, and you will create and develop relationships that might last forever!

Bonus: One 1-on-1 coaching session with me (45 minutes) to personalize your experience

Investment: \$899 for the entire program. Payment is due to confirm your spot in the Life-Work Mastermind.

Questions? Please contact me at Sabrina@SabrinaCadini.com

I look forward to having you in the Life-Work Mastermind! Let's celebrate your success in life together!

APPLY HERE: <https://sabcad.link/lwmapply>

