

Life-Work Mastermind



Spring 2024

SABRINA  CADINI



Welcome to the Life-Work Mastermind: Where Your Best Self Awaits!

I'm very excited that you're considering joining my Life-Work Mastermind.

This is an extraordinary opportunity to elevate your personal and professional life, and I genuinely hope you'll decide to apply today.

Picture this: A close-knit group of passionate professionals, just like you, gathering with a shared purpose – to unleash their true potential.

In this exclusive mastermind, we'll meet regularly, sharing experiences, ideas, and invaluable advice while supporting and learning from one another. This is where the magic happens!

As your dedicated facilitator, I handpick each member with utmost care, ensuring that the mastermind overflows with transparent, authentic, honest, and supportive individuals. Together, we create an environment where growth and empowerment are boundless.

Are you ready to embrace this opportunity? Let's dive into the details on the next page and discover how the life you desire is just a click away!

Life-Work Mastermind - Details

Time Frame: March 19-May 21, 2024 (2-month commitment, 10 sessions)

Group Size: Up to 8 members

Frequency: Our powerful mastermind gatherings will take place every week on Tuesdays. The sessions will be hosted on a virtual platform, allow you to participate from any location with an Internet connection, offering flexibility and accessibility.

Commitment: Weekly participation in the 1-hour sessions, complemented by personalized assignments (up to 1 hour per week). I encourage you to find a quiet area where you can fully immerse yourself, focusing on each call while you embrace the transformative experience.

I understand that life can be unpredictable, and you may miss a session. In such cases, you'll be required to:

- Record a video listing your completed assignments from the previous week (played during the missed session).
- Watch the recording of the session you missed and provide feedback during the next meeting.

In the event of missing more than one session, your spot will be relinquished without eligibility for refunds.

Confidentiality: A cornerstone of the mastermind is trust and confidentiality. Everything discussed during our sessions must remain 100% confidential, fostering an environment of openness and support.

What you will get:

- A community of passionate like-minded professionals.
- Brainstorming, feedback, and unwavering support.
- Accountability to monitor your progress and growth.
- An array of essential topics, including 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, focus, productivity, performance, and igniting creativity.
- Tips and strategies to identify your struggles, leverage strengths, and celebrate achievements. Together with other amazing professionals, you'll be on a journey towards balancing life and work while empowering one another to create positive change.
- Access to valuable online resources, tools, programs, books, and more. These resources will equip you to continue mastering life-work balance independently once the program concludes.
- Private online group to connect with fellow participants, exchange ideas, thoughts, and support one another. This community fosters incredible energy and inspiration, with lasting relationships formed.
- BONUS - Individual 45-minute coaching session with me, tailoring the mastermind experience to your unique needs.

Investment: \$999. Full payment is required to secure your spot in the mastermind.

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

For any inquiries or additional information, please reach out to me at Sabrina@SabrinaCadini.com

I am thrilled to welcome you to the Life-Work Mastermind, where together, we'll create a future filled with empowerment and achievement!

