SABRINA CADINI

HOLISTIC PRECISION LIFE & WELL-BEING COACH

Work with your biology - not against it

about

Sabrina Cadini is a Holistic Precision Life & Well-Being Coach who empowers busy professionals to strengthen their well-being, expand their potential, and create a more fulfilling relationship between life and work.

After a 30-year career as an internationally published, award-winning event and wedding designer, Sabrina experienced burnout in 2011. Her journey to understand the connection between the body, brain, and everyday habits led her to coaching and to developing an approach informed by neuroscience, epigenetics, chronobiology, and positive psychology, with an appreciation for how past experiences and emotional patterns shape our behavior.

Through engaging presentations and interactive workshops, Sabrina translates science into practical strategies that help people understand how their daily choices influence energy, focus, stress, recovery, and overall well-being. At the heart of her work is Life-Work Balance—a philosophy that puts the human being first. By understanding and supporting our biology, we can build a stronger foundation for living fully, working effectively, and pursuing what matters most in life and career.

SabrinaCadini SabrinaCadini SabrinaCadini

> *We hired Sabrina for a Wellness Series focusing on our management teams. Her presentations were exceptionally engaging and informative, with great insights on physical and mental well-being. Our team learned new strategies, and within just one week of implementing her tips, they were already seeing improvements in productivity and performance.*

speaking formats

- Keynotes and presentations
- Interactive workshops
- Corporate well-being sessions
- Group coaching and facilitated discussions

Programs can be adapted to the audience, event objectives, and available time.

speaking topics

LIFE-WORK BALANCE BY DESIGN

Create a life that supports your ambitions and your well-being. Discover a more intentional approach to Life-Work Balance. Using her six-pillar Harmony Compass framework, Sabrina helps participants assess where their lives need attention, align their habits with their priorities, and make practical changes that support well-being at work and beyond.

THE HUMAN OPERATING SYSTEM

A smarter way to work, live, and perform.
Our biology influences how we think, feel, respond, and function every day. This talk explores the relationship between the body, brain, and daily habits, helping participants recognize what supports their energy, focus, and decision-making, and make more informed choices for sustainable performance.

BEYOND THE SCREEN

Digital wellness and the power of analog presence.
In a world of constant connectivity, our attention and time are increasingly pulled toward screens. This talk explores how to build a healthier relationship with technology while making room for quiet, face-to-face connection, and screen-free experiences. Participants discover practical ways to create more space for presence, focus, and the everyday experiences that help us feel human.

YOUR BIOLOGY, YOUR POTENTIAL

Our genes are part of our story, but they are not the whole story. Epigenetics helps us understand how biological processes respond to environmental influences and why our everyday choices matter. In this engaging, science-informed talk, Sabrina explores how nutrition, movement, sleep, stress, and our surroundings interact with our biology. Participants gain a fresh perspective on their potential and discover practical ways to support their well-being through small, intentional changes.

SabrinaCadini.com 858.215.3426 Sabrina@SabrinaCadini.com