

# Reboot! *Discovering Your Personal Formula*

*for a Happier, More Successful and Less-Stressed Life*



With Brenda Abdilla PCC Coach/Author

**Riddle me this:** Do you spend more time focusing on managing and maneuvering the stress of your current situation or, on what you really want your life to look like? How often do you even dare to ask yourself what you really want?

Actually, creating a happier, more successful and less-stressed life isn't a riddle at all. It's more of a formula. Each of us has a unique formula for creating a life of success, flow and ease. But, before you can discover it, you must ask yourself what you really want. **If you focus only on where you currently are, you will stay there.** *You know this, right?* If your days are primarily about managing and maintaining life-as-you-know-it, how can you possibly end up with life-as-you-want-it?

Yes. Each of us has a unique formula for success, flow and ease. (Our formula is almost never the same as our spouse or partner, by the way.) If you've been thrown a few curveballs, it's likely that your formula is scrambled, causing exhaustion and confusion about direction that can compound over time.

**The good news is that it's absolutely repairable and a sense of clarity and direction is easier to achieve than you might think.**

## ***In this empowering mini-event you will learn:***

- ▶ How to pinpoint your key stress/strength areas: Free mini-assessment provided as part of workshop.
- ▶ How to quickly identify which aspects of your personal "formula" need tweaking and strategies for moving forward.
- ▶ Strategies to conquer overwhelm—every time.
- ▶ Learn the research and quick strategies for mindfulness at work.

*What a great program. I realized I am surprisingly happy with my work but desperately need to find time to focus on myself.*

**Denver Association of Legal Recruiters Attendee**

*This was excellent, encouraging and a real breath of fresh air at a stressful time in my life.*

**Xcel Energy Attendee**

*I learned the best way to manage stress in my life and how to get a grip on what I would like my life to look like.*

**Women in the Mix Conference Attendee**

**This is your life. Figuring out what you need to do to create life in which you are happy, successful and energized is a pretty worthy investment, don't you think?**

## **Contact Brenda**

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**Move Your Career Forward**

with **BRENDA ABDILLA**