

Move Your Career Forward

with **BRENDA ABDILLA**

BRENDA ABDILLA Author, Coach, Speaker

Brenda's professional speaking approach is confidently different. Her past experience speaking for 13 years worldwide coupled now with her leading credentials in the coaching profession allow her to create an atmosphere of experiential learning where the participants are the central focus. Brenda uses content that is highly relevant to today's workforce and designs her programs to engage teams both with their own brain power and with their co-workers as well.



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Authorized Partner



TODAY'S PROFESSIONAL WORKFORCE IS IN DESPERATE NEED OF 3 IMPORTANT SKILLS:

1. Conquering overwhelm in order to prioritize their ever-growing task list.
2. Improved understanding and communication with their co-workers and team.
3. Self-reflection and self-understanding as a path to understanding others.

Each of Brenda's programs addresses these three critical elements as well as the latest brain science and research to support the content she brings to the group. All of Brenda's programs are interactive, customized as well as practical and relevant to today's workforce.

TEAM DEVELOPMENT PROGRAMS

- How to Be a Better Leader Part 1
- How to Be a Better Leader Part 2
- Reboot
- Time Rehab
- Five to Thrive
- Mindfulness for Busy People

TEAMBUILDING WORKSHOPS

- The Enneagram and You-IEQ9 ©
- Meeting of the Minds-Emergenetics ©
- Team Communication-Everything DiSC Workplace ©
- Closing the Leadership Gap-DiSC Work of Leaders ©
- Everybody Sells-Everything DiSC Sales ©
- Emotional Intelligence for Leaders-EQI Leadership ©
- Personal Power-EQI Workplace ©

"ENLIGHTENING AND EDUCATIONAL!"

"VALUABLE TIPS FOR MY CAREER DEVELOPMENT."

"INFORMATIVE AND REALISTIC!"

"MOTIVATING AND UPLIFTING."

"THOUGHT-PROVOKING, RICH AND WHOLESOME."

"EYE-OPENING, ORGANIZED, AND UPLIFTING."

What audiences are saying about Brenda's programs

ABOUT BRENDA

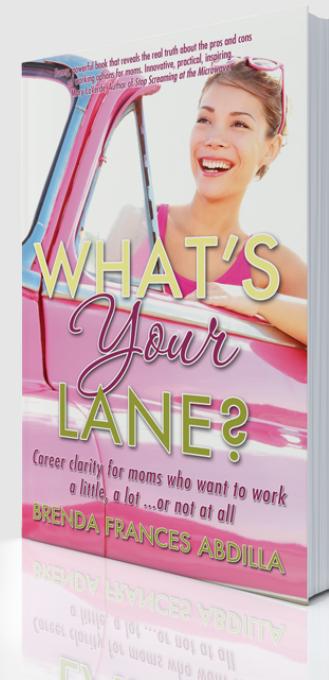
Brenda is a highly experienced coach, facilitator, speaker and author with a long track record working with individuals and teams to increase their leadership effectiveness, and professional career results. She is the CEO of Management Momentum, based in Denver, and she also works as a key member of the coaching and training team for Well-Connected Leader, based in California and runs the Executive Coach department for Powers Resource Center. Brenda is the facilitator/chair of a Denver chapter of the Woman Presidents' Organization.



Frequently hired as a keynote or breakout session speaker for conventions and conferences. She also has experience facilitating executive leadership groups and creating custom material to help audiences organize their thinking in a fresh and practical way.

She is the author of three books, including "Selling for Results" 1994, "Marketing for Results" 1995, and "What's Your Lane: Career Clarity for Moms Who Want to Work a Little, a Lot, or Not At All", 2013. She has also published articles in over 50 print publications.

Brenda studied business administration at the University of Phoenix, received her coaching certification P.C.C. (professional coach certification) and has logged over 3,000 coaching hours. Her certifications include: Certified DiSC Facilitator, Five Behaviors of a Cohesive Team (Inscape/Wiley), Certified Enneagram Facilitator (Enneagram Institute), Certified Emotional Intelligence Facilitator (MHS), Emergenetics and Certified Birkman Facilitator (Birkman Institute).



WHAT'S YOUR LANE?

If you're like most moms, you made your decision about parenting, work, and schedule mindfully and with the purest of intentions for your family. Which "lane" did you pick? Does it still work for you? The book What's Your Lane will provide clarity for moms on the reality of each lane. + Includes the division of labor assessment.

managementmomentum.net/books

BRENDA'S CLIENTS INCLUDE:

Comcast/Xfinity, Medtronic, WPO, Sheridan Press, Xcel Energy, The Women in Transportation, SCL Health, WSI Healthcare, Motive, UShealth, Soma Logic, Vail Resorts, Bay Club, Crankset Group, Complete Intelligence... and more.



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