

Move Your Career Forward

with **BRENDA ABDILLA**

BRENDA ABDILLA Author, Coach, Speaker

Brenda Abdilla is the author of *Outsmarting Crazytown*, which hit the Amazon Bestseller list career category in 2020. As an executive coach, she works with leaders who need more effective ways to be engaged with their team and also with high-level professionals who are considering a career change. More than 90% of Brenda's clients get promoted, land a new role or address their core leadership issue within a year of hiring her—the rest just take a little longer.



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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."

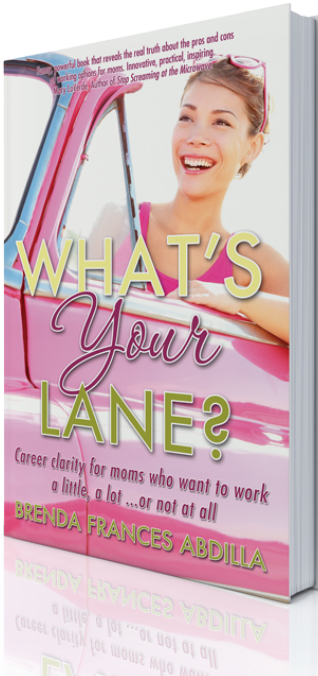
**What audiences are saying
about Brenda's programs**

ABOUT BRENDA

Brenda's corporate clients, like Xcel Energy, Golden Software, Vail Resorts, SCL Health and Comcast, also hire her to deliver workshops on critical topics like Emotionally Intelligent Leadership, The Highly Engaged Leader and Time Rehab. Brenda's custom programs often impact learning on a deeper level with insights gleaned from personality assessments that include The Enneagram, Emergenetics, DiSC, Birkman and The Emotional Intelligence Quotient. Brenda serves as the professional facilitator for two Denver-based Women Presidents' Organization groups. She lives in Denver with her husband, is an avid foodie, and is the proud mother of an adult son.



Brenda is also the author of: *What's Your Lane: Career Clarity for Moms Who Want to Work a Little, A lot, or Not at All* (2013). Brenda serves as the professional facilitator for two Denver-based Women Presidents' Organization groups and is the part of the executive coaching team for Powers Resource Center in Boulder.



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.

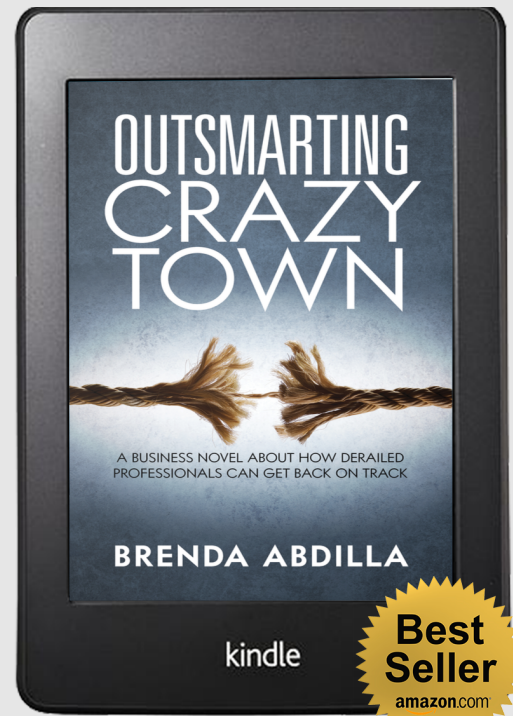
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BRENDA ABDILLA, PCC

(303) 456-1210

BABDILLA@MANAGEMENTMOMENTUM.NET

WWW.MANAGEMENTMOMENTUM.NET



OUTSMARTING CRAZYTOWN

A Business Novel about How Derailed Professionals Can Get Back on Track.

Everything About The Corporate World Is Complex And Full Speed. This May Seem Viable When Speaking In Terms Of "Place" But Definitely Not When Speaking In Terms Of People. You Are Not Built To Operate How The Corporate System Runs—Or, As We Like To Call It—CrazyTown.

OutsmartingCrazyTown.com

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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