

BRENDA ABDILLA Author, Coach, Speaker

Brenda Abdilla is a distinguished authority in leadership development and organizational excellence. With her vast experience and unwavering passion, she has become the foremost coach and facilitator, dedicated to enhancing the performance of teams and the effectiveness of leadership.

As a highly sought-after executive leadership coach, Brenda specializes in working with leaders aiming to enhance their team engagement.

Remarkably, over 90% of Brenda's clients successfully tackle their core leadership challenges within just one year of partnering with her. Brenda works with business owners, internal leaders and high-level professionals seeking career planning.



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.

CORPORATE WORKSHOPS & TRAININGS

Workshop

The Emotionally Intelligent Leader

Duration: 3 Hours
Audience: Leaders and Decision-Makers

Workshop

The Highly Engaged Leader

Duration: 3 Hours
Audience: Any Leader

Workshop

Communication Strategies for Teams

Using Appreciative Inquiry

Duration: 3 Hours
Audience: Any Leader

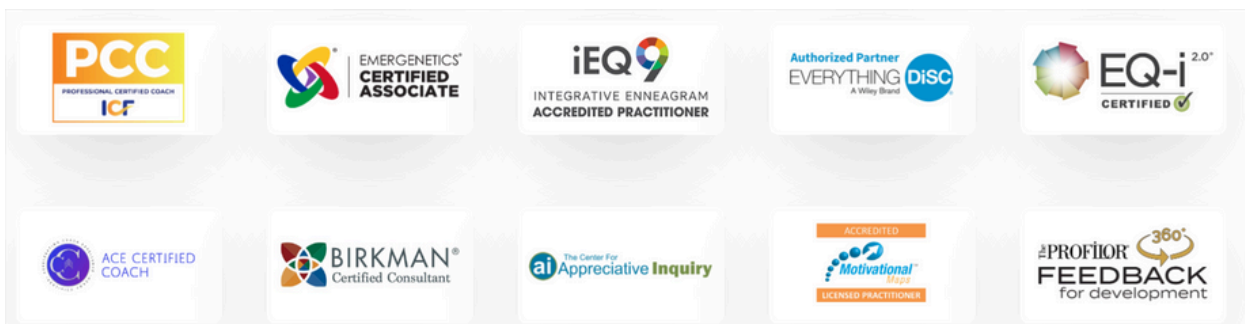
Workshop

Time Rehab

Duration: 3 Hours
Audience: Any Team Member

+ Special Group Coaching Programs by Cohort

SCIENTIFICLY VALIDATED ASSESSMENTS



ABOUT BRENDA

Brenda's approach is decidedly different. She brings a solid business-centric background to her work with leaders, entrepreneurs, and high-level career coaching clients. Brenda understands the pressure and uncertainty (VUCA) present in today's business environment and empowers her clients to significantly improve their team communication, time management and efficiency, stress management, decision-making, critical thinking, and all of the elements of corporate visibility and success in their role.

Brenda is also a Dedicated Supporter of Women Leaders. She is the professional chapter chair of two, highly successful Women President Organization groups in Denver and the Co-Founder of The Entourage Leadership Group which supports high-level women in their Corporate careers.

BOOKS BY BRENDA



[Click to buy](#)

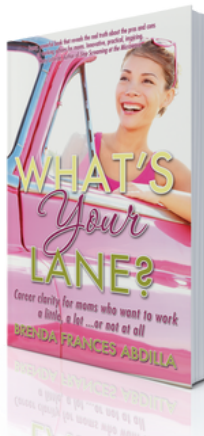
Meet Mike!

Mike is a great guy who has a wife and young family in Spokane. He is the senior manager of IT for a small software company that has recently been purchased, and as a result, Mike's life is about to change dramatically. Some alarming stuff happens at work that throws Mike into a bit of tailspin. All this change happens at a time when Mike is already questioning his choices and his future. He turned 40 last year and is wondering about his career, what is meaningful to him, and why this unsettled feeling is growing inside.

Career clarity for moms who want to work a little, a lot... or not at all.

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.

[Click to buy](#)



BRENDA ABDILLA, PCC

303-886-3178

BABDILLA@MANAGEMENTMOMENTUM.NET

WWW.MANAGEMENTMOMENTUM.NET



WHAT AUDIENCES ARE SAYING ABOUT BRENDA'S PROGRAMS...

"ENLIGHTENING AND EDUCATIONAL!"

"VALUABLE TIPS FOR MY CAREER DEVELOPMENT."

"INFORMATIVE AND REALISTIC!"

"MOTIVATING AND UPLIFTING."

"SUCH GREAT TANGIBLE TIPS, TRICKS AND REMINDERS FOR TIME MANAGEMENT."

"VERY USEFUL, VERY DOABLE! LOVE THE SCIENCE BEHIND IT"

"PROVIDED ESSENTIAL TOOLS TO USE IN MY EVERYDAY LIFE, BOTH PERSONALLY AND PROFESSIONALLY."

"IMPROVED WAYS TO CREATE PRODUCTIVE RESULT DRIVEN MEANINGFUL DIALOGUE WITH EVERYONE IN YOUR LIFE."

BRENDA'S CLIENTS INCLUDE:

Comcast/Xfinity, Medtronic, WPO, Sheridan Press, Xcel Energy, The Women in Transportation, SCL Health, Regal Cinemas, Sonobello, Travlrs, WSI Healthcare, Motive, UShealth, Soma Logic, Vail Resorts, Bay Club, Children's Hospital Colorado, Kentwood, Complete Intelligence... and more.



@MANAGEMENTMOMENTUM COACHING



@BRENDAABDILLA



@BRENDAABDILLA