

Having It All Never Meant Doing It All

To book or for questions, contact kathy@brilliant-balance.com, 513-375-9394

Program Bio

As a generation of women, we were flat-out promised we could have it all. But somewhere along the way, we got our wires crossed, because having it all was never supposed to mean **DOING** it all! And yet here we are, driving ourselves to the brink of insanity with our overbooked schedules and never-ending to-do lists. Something has to change. In this session, you will learn:

- How to design your ideal week using an intentional structure that creates a cadence you can sustain
- The S.O.S. Method - a proven way to get time back that you can repurpose (or use to rest)
- The power of letting go of control so you can delegate non-essential and time consuming work
- Real-world efficiency hacks to get routine tasks done faster (yes, ones that really work!)
- How to say no gracefully so you can hold boundaries around your newly freed up time

Join Cherylanne Skolnicki, the founder of Brilliant Balance, for an engaging and practical session that will help you reset the rhythm of your life so you feel more productive and can be fully present in each moment that matters.



About Cherylanne

As the founder and CEO of Brilliant Balance, Cherylanne is the creative engine for the company; she is also a popular speaker, an advisor to corporate leaders, and a trusted coach to a roster of private clients.

An authority on well being, work-life balance, and human potential, Cherylanne equips professionals to get the most out of work and life through compelling content, comprehensive coaching programs, and a tightly knit community. She hosts the top-rated Brilliant Balance Podcast which reaches thousands of listeners each week with inspiring messages and practical advice.

Cherylanne lives in Cincinnati, Ohio with her husband John and their three children.

“Loved Cherylanne’s energy & I felt like I was with her in person. She kept my attention at all times - it felt like she was talking right to me! Thank you for one of the best virtual speaking engagements I’ve attended!”

- Hewlett Packard Enterprise keynote attendee

C H E R Y L A N N E B I O