

Brilliant Balance: Redefining What It Means to Have It All

To book or for questions, contact
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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.

Attendees Will Learn

- How to design your week with an intentional structure and a pace you can sustain
- How to reset your self-care systems to boost your energy (without an IV of caffeine)
- The S.O.S. Method - a proven way to get time back for things that matter most to you
- The power of letting go - how to release time consuming tasks without guilt
- Time saving tricks to get those “adulting” tasks done faster (yes, they really work!)
- The art of saying no with confidence and grace so you can hold boundaries around your newly freed up time

Join Cherylanne Skolnicki, the founder of Brilliant Balance and host of the Brilliant Balance podcast, for an engaging and practical session that will give you permission to prioritize YOU so you can make room for yourself right in the middle of your very full life.



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! She kept our attention the whole time. Thank you for one of the best events I’ve attended!”

~ Hewlett Packard Enterprise