

Select from six engaging 30-minute topics for a virtual training session, led by Cherylanne.

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

01

Resilience Reimagined: Bounce Back Better

In the pursuit of a goal, setbacks are inevitable. When we view these as failures or finish lines, we feel defeated. But reframing these as temporary setbacks changes everything. Discover actionable steps to get back on track when life gets you down.

02

Imperfect Action: Because Done Beats Perfect Every Time

Juggling professional and personal responsibilities can overwhelm your to-do list. Learn practical steps in this talk to overcome overwhelm, flow through your day with grace, and prevent burnout.

03

Courageous & Confident: Overcoming Imposter Syndrome

That nagging feeling - believing we are not as competent as others perceive us to be - is called imposter syndrome. It can wreak havoc on your confidence. Learn how to kick imposter syndrome to the curb and unleash courage and confidence.

04

Permission to Proceed: Quieting Your Inner Critic

We all have an unkind inner voice - the Inner Critic. Unchecked, it breeds anxiety and doubt, stifling our dreams and keeping us confined. Learn to make peace with this voice so you can grow at your own pace!

05

Navigating Twists & Turns: Because Progress is Not Linear

Progress is not always linear. So how do you manage your emotions when progress isn't happening in a straight line - but is taking twists and turns? Come learn how.

06

You're in Charge: Get Into the Driver's Seat of Your Life

Feeling stuck? It's likely not because you're trying and failing, but rather because you're not trying at all. Why do we say "no" to ourselves before even getting started? Learn how to shift your car from park to drive and begin to break free from being stuck on your goals.

About Cherylanne

Cherylanne is 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.



Resilience Reimagined: Bounce Back Better

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Program Bio

On our journey to achieving a vision or goal, setbacks are inevitable. When we view these as failures or finish lines, we feel defeated. But reframing these failures as temporary setbacks changes everything. There are actions you can take to get back on track, and in this 30-minute session, you'll learn them.

Attendees Will Learn

- How to decide if it's time to surrender or surge forward
- What lessons are hiding in our setbacks that we must extract
- The difference between changing our GOAL and changing our APPROACH
- Why recovery has to be built into the process
- What a commitment to resilience can mean for our success curve

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Imperfect Action: Because Done Beats Perfect Every Time

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Program Bio

When you're managing the many aspects of your professional life and personal life, your to-do list can quickly spiral out of control. Sometimes it's so overloaded, you don't even know where to start. Learn steps to get past that feeling of overwhelm so you can flow through your day with grace and avoid burnout.

Attendees Will Learn

- How to tackle tasks that seem too big to be done
- A two-minute technique to get clarity and reduce stress when you look at your desk
- Why 'the perfect' is the enemy of 'the good'
- The steps to pull you out of overwhelm and back into flow
- Why tasks can stretch themselves out over multiple weeks—and how to stop that from happening
- The path out of burnout for times when overwhelm leads to burnout

If you're ready to get things done while feeling healthy, energized, and inspired, this is the session for you!

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Courageous & Confident: Overcoming Imposter Syndrome

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Program Bio

That nagging feeling you may have experienced at some point in your life - the one that tricks you into believing that you're about to be exposed as a fraud - is called imposter syndrome. Imposter syndrome is an internal experience of believing we are not as competent as others perceive us to be...and it can wreak havoc on your confidence and courage.

Attendees Will Learn

- The four underpinning thoughts of imposter syndrome
- The common thread behind all of them
- How to identify and beat imposter syndrome in the future

At the end of this training, you'll be equipped to kick imposter syndrome to the curb and fully embrace your talents and capabilities.

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Permission to Proceed: Quieting Your Inner Critic

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Program Bio

There's a voice we all have in our heads and it's not very kind! That voice is our own Inner Critic and unchecked it can cause a great deal of anxiety and doubt. It shuts down our dreams, and it can keep us playing very small and very safe if we're not careful. However, there are ways to make peace with this voice, and that's exactly what you'll learn in this training.

Attendees Will Learn

- The singular goal this voice has at all times
- What you need to do to overcome this negative inner dialogue
- How to get some operating freedom back in your life

At the end of this training, you'll have the tools you need to recognize and quiet your inner critic so that voice doesn't stop your growth.

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Navigating Twists & Turns: Because Progress is Not Linear

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Program Bio

Let's dig into a topic that is central to understanding what it takes to make progress. Whether you are trying to grow a business, get more organized, improve your Spanish, or build strength in the gym, your progress is not always linear. So how do you manage emotions when progress isn't happening on a straight-and-to-the-right growth chart?

Attendees Will Learn

- How to stay the course through the ups and downs of your progress, and ultimately achieve your goals
- Effective strategies to manage emotions when progress deviates
- A few unexpected things that help you stay on course even when progress is coming slowly or unsteadily

At the end of this training, you'll understand how focusing on these things will get you OUT of the cycle of emotionally overreacting to points in time. Instead, you'll gain the tools to make gentle adjustments based on the data you have collected.

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You're in Charge: Get Into the Driver's Seat of Your Life

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Program Bio

Often, when we find ourselves frustrated and feeling like our goals are completely unrealistic, we're really just stuck. And we're not stuck because we're constantly trying and failing (like wheels spinning in mud), but instead because we're not trying at all (like a car sitting in park). We're saying no to ourselves before we even get started - why?

Attendees Will Learn

- How to get your car out of park and into drive so you can get unstuck on your goals
- The difference between being busy and being productive - and the danger of conflating the two
- The magic of small, simple steps each day

At the end of this training, you'll understand how focusing on these things will get you OUT of the cycle of emotionally overreacting to points in time. Instead, you'll gain the tools to make gentle adjustments based on the data you have collected.

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