

# Stop Saying "I Can't" & Get in 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 for our lives... 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. We're like a car sitting in park. We're saying no to ourselves before we even get started—but why? In this training, Cherylanne Skolnicki, the founder of Brilliant Balance, will unpack the three things we need to do to get our car out of park and into drive.

Attendees will learn:

- What saying "I can't" does to our psyche
- The difference between being busy and being productive
- The magic of taking small, simple steps each day
- Why progress is not linear and why that matters
- How to build momentum toward your biggest goals and dreams

Let's get that car out of park and into gear. Say yes to yourself and see where it leads you!



## 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*

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