



SARA CENTANNI  
LEADERSHIP COACH

# Speaking & Workshop Topics

## 5 Stages of Burnout (Keynote)

We all want aliveness, positive connections, and purpose in our lives. We also want success, love, and growth. We cannot fully enjoy our lives if we are just a piece of the person we know we're meant to be. Burnout is not a badge of honor. It is a syndrome caused by unmanaged stress. So how do we stop ourselves from sliding into burnout or finally get to the other side of it? By developing the habits and lifestyle that helps us thrive and not just survive each day. Prepare to be captivated and transformed by learning the five stages of burnout and how to successfully leave burnout in the past.

## Roles & Responsibilities Team Building Retreat (Signature Retreat)

Do you know what each person on your team does? Does each member of your team know what each person does? Understanding the roles and responsibilities of each person is crucial for team building, mutual respect, and a positive culture. In this retreat, you and your team will go through a dynamic exercise to understand what each role is, what the expectations of that role is, what value that role brings to the organization, and how to support each other to increase productivity, confidence, and fulfillment.

## High Performance Leadership (Signature Workshop & Coaching Retreat)

Leading at a high level is not something you learn in a quick class. It takes time, experience, skill-building, and self-awareness. Being a high performing leader means committing to growing yourself and your team, because you see the potential you all have together to meet your goals. In this signature workshop and coaching retreat, leaders will come together to learn what High Performance Leadership is, how they can become better leaders in their roles, how each role can support each other, and how to take action as a team to positively move forward together to successfully achieve their goals.

LET'S WORK TOGETHER

707-690-0886

[www.saracentanni.com](http://www.saracentanni.com)

[sara@saracentanni.com](mailto:sara@saracentanni.com)

"Confidence is essentially  
being aligned  
with your true potential."  
- Sara Centanni





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## **Be a Role Model (Workshop)**

What example are you setting for your team? Do they see you as a confident, vibrant, and supportive leader? Or do they see you constantly frazzled, stressed out, and overworked? Teams needs an effective leader who can not only excel in their career, but in their your life. In this workshop, you'll learn how to achieve find balance, be an example you're proud of, and set a positive and vibrant tone in the office.

## **Your Career Should Give You Energy! (Workshop)**

Does your career give you energy, or does it drain you? You should be able to come home from a long day and still have energy to get things done, workout, spend quality time with your loved ones, and have some fun. In this workshop, you'll discover what is giving you energy and what is depleting your energy, so you can actually be a vibrant and productive human your entire day.

## **Reclaim Your Calendar! (Workshop)**

Is that To-Do list growing each day? Each week? Productivity isn't just scheduling "focus time" on your calendar that you never use, it's a mindset and a daily practice. In this workshop, you'll learn productivity strategies to maximize your time each day, by increasing your levels of focus and eliminating distractions.

## **Connecting the Dots in Your Life (Workshop)**

Have you ever thought about how you got to where you are today? Have you thought about where you want to go in the next one, five, ten, twenty years? Goals are one thing, but having purpose and a roadmap to pull you towards your desired future is another. This workshop will guide you through an exercise to help you create the roadmap to your desired future,.

## **Overcoming Overwhelm (Workshop)**

Do you feel like you're being pulled in a million different directions? Do you crave organization, more time, and just a minute to breath? Do you have that list of chores on your fridge, but instead of checking a task off, you just want to sit on the couch and binge your favorite show? Maybe you even see yourself as lazy or a procrastinator. Really, we're just overwhelmed and lacking clarity. Living in overwhelm is not sustainable. This workshop will help you get off the couch and overcome overwhelm, so you can have the energy to do the fun and joyful things your really want to do now and for your future.