

SUSAN GUZZETTA

PROFESSIONAL SPEAKERS FOR ALL OCCASIONS



SAM KABERT

**SERIAL ENTREPRENEUR, PODCASTER,
AND #1 BESTSELLING AUTHOR**

Sam Kabert is a successful serial entrepreneur turned spiritual seeker. He is known for his ability to put together teams to execute the vision. He is the Author of the #1 Bestselling book SOUL/Life Balance, Founder of SwagWorx & Clone Yourself University, and hosts the Soul Seekr Podcast. Despite all of Sam's ventures and business success and being recognized as one of Silicon Valley's "40 Under 40" at just age 31 years old and "Rising Star" in the promotional products industry, he soon recognized that something was missing. Sam realized that despite his success, he was unhappy. This understanding catapulted him on his most recent exploration of his life's purpose.

He is on a mission to bridge the gap between the way we conduct ourselves in business, mindful practices, how we communicate with everyone, especially oneself, all through prioritizing psychological safety and mental health first.

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TOPICS

OVERCOMING OVERWHELM The 6-Step B.R.E.A.T.H. Process for “Busy Professionals” to Access Inner Peace

Overcoming Overwhelm is for the “busy professionals” juggling tasks and projects amidst trying to balance a life outside of work. This program is for the leaders in the workplace that want to drastically shift the way we do business to prioritize mental health first. Before we can even get into changing the workplace to prioritize psychological safety; we must first do some inner work on ourselves.

In Overcoming Overwhelm you'll learn the 6 steps to ... well, get past the chaotic state of a mind circling with thoughts that bring about feelings of anxiety, stress ... and, you guessed it ... overwhelm.

I'm giving you the exact blueprint I've used to transform my own life. In the past few years, I've shared these steps through teaching yoga, leading breathwork journeys, speaking on stages to corporate audiences, and working with private clients in group programs and one-on-one settings. If you're ready to rise above the chaos to cut through the noise and find inner peace for yourself, then this program is exactly what you're looking for!

Learning Objectives

- Learn the Basics of Breathwork & How to Regulate Your Nervous System
- Learn the 6-Step B.R.E.A.T.H. Process for Inner Peace
- The Secret to Move Beyond Stress & Anxiety
- The Neuroscience that Proves this Effective
- Easily Implement this System into Daily Life

SOUL/LIFE BALANCE Reframing the Relationship Between Life & Work While Making Time to “Feed Your Soul”

Have you experienced burnout? Let's be real, we all have to some extent. The shocking truth is that it's more than just burnout. Today's workforce is stressed, sad and anxious. It's gotten so bad, that in July of 2022 the numbers 988 are designated as the new three-digit dialing code that easily routes callers to the National Suicide Prevention Lifeline. It's time we put our own Mental Health as the number one priority - in business, in education, in all of our relationships.

Work/Life Balance can help, but what this model doesn't address is one's own “inner compass”. Burnout and being caught on the hamster wheel of achieving goals and chasing success is a result of prioritizing your work over truly connecting with yourself.

The burnout mind encourages neglecting time for mental health and well-being. The practice of SOUL/Life Balance puts one's own mental health as the #1 priority while reframing work as a part of being a human. By implementing SOUL/Life Balance as a way of being, you'll experience first hand how to optimize all aspects of life, including your work. You'll be equipped with tools to enable mindful practices for more energy and fulfillment in your everyday life! Addressing the Mental Health Crisis we are facing as a collective is imperative and the practice of SOUL/Life Balance offers a clear path to relieve burnout, stress, anxiety and overall sadness.

Learning Objectives

- What You Need to Know About the Mental Health Crisis
- Reframing the Relationship Between Life and Work While Making Time to “Feed Your Soul”
- How to Connect With Oneself & The Importance of Prioritizing Yourself First, Always
- Actionable Mindful Practices In & Out of the Office
- Creating Harmony Within The Mind
- Building an Energizing & Fulfilled Life

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TESTIMONIALS

"I've never had someone break down SOUL/Life Balance and provide real tools to use in your day to day life."

Cass
Startup Executive

"Sam has opened up a whole new world to me."

Sue
Serial Entrepreneur

"I do a lot of things on behalf of other people and after watching Sam speak I'm inspired to go within and work on my own spiritual, mental and emotional well-being!"

Tony
Director of Sales at Startup

"Sam Kabert did not disappoint! As a Workaholic and someone who has a hard time with Work/Life Balance ... SOUL/Life Balance became an aha moment for something to build into my life!"

Kat
Entrepreneur

"I found Sam's talk important because the language he uses makes it easy to connect with the ideas of what he was saying and a clear path to attain SOUL/Life Balance."

Courtney
Entrepreneur