

Andrea Cairella: Speaker Questions:

Questions on Book:

No Longer Burned Out on Busy:

A Woman's guide to harmonizing ambition and flow in work, love and life

- What inspired you to write *No Longer Burned out on Busy*?
- Walk me through *No Longer Burned out on Busy*. - how do the guidelines work?
- What is the ultimate goal of *No Longer Burned out on Busy*?
- Who did you write the book for and why should they read it?
- What is the most surprising lesson from the book?
- What could be holding an ambitious woman back from reaching her true potential?
- How do you create success in work, love and life?
- How do I know if I am aligned in flow, balance and joy?
- How does mindset mastery influence and improve health and prosperity?
- What can women do today to start changing their mindset, emotion & energy?

ADDITIONAL QUESTIONS:

- How do you know when you are completely burned-out?
- What is currently causing women and men to burnout?
- What are some internal patterns which cause women to burnout?
- Share a success story with us?
- Tell us a story on what led you to write *No Longer Burned out on Busy*?

Work-life balance; Harmonizing ambition & flow questions:

- How are most women overdoing it?
- What is one step that one can take today to find more balance?
- In what ways could you find more pleasure & play in your work?
- And why is SMART decision making important?

Authentic feminine power & leadership questions:

- Who are some of your role models? And, why are they important to you?
- What is the most interesting leadership trend in 2021?
- Why is self-care essential to leadership?
- What are the important four phases of a women's cycle?
- So how do women find their authentic superpower?
- How do you know if you are a brave-hearted leader? What is required to become one?
- Explain to us how to revitalize our feminine mojo?

Navigating life's challenges questions:

- What are the beliefs and habits that I need to address, in order to successfully navigate challenges?
- How can you convert your pain into possibilities?
- Why is it important to surrender to life?... How does it work-out?

Master mindfulness mindset; emotions & energy:

- What are your unique gifts and qualities?
- Why is it important to master mindfulness and mindset?
- How have you been courageous, vulnerable, brave, innovative, and free in your life? What was the outcome?
- What mindset is important to have to gain confidence and grow?
- How can a "lack mentality" be holding you back?
- How is being a part of a community a valuable asset both personally & professionally?
- How can you tell if you are still buying into the myth that you're not worthy or good enough?