

# from Burnout to Bliss

## A Hollywood Insider Transforms you from Stress to Success

*Jessica Sitomer*

**Speaker, Author & Performance Coach**



### Jessica's Most Requested Talks:

#### **I'M BRINGING SEXY BACK!**

- The 3 actions you can take NOW to alleviate overwhelm and feel great.
- A guided visualization to reclaim your power.
- You will leave feeling SEXY and unstoppable!

#### **YOUR LIFE MAKEOVER**

- 3 ways to feel help your body feel great.
- Get your priorities in order to relieve your stress and improve your mood and productivity.
- You will leave with a proven time management plan.

#### **FROM STRESS TO SUCCESS**

- Get to the real cause of your stress... the one underlying what you believe is the cause.
- Stress Busters that you can easily implement whenever you choose.
- You will leave with a powerful plan for SUCCESS.

#### **AUTHOR OF:**



**Is STRESS affecting your  
HEALTH, RELATIONSHIPS, CAREER,  
PRODUCTIVITY and overall  
HAPPINESS?**

Jessica Sitomer is a funny, dynamic speaker whose talks are entertaining, uplifting, and educational. With 20 years in the business, she's produced a sitcom pilot and two television series; *Prescriptions*, a show within a show for MTV, and *Lights, Camera, Action*. While working in development she was involved in the production of *Crazy in Alabama*, Antonio Banderas' directorial debut. And yes, he is as charming in person as he is on screen! She is an international speaker and author of three books, including, *And.. Action, Powerful, Proven, Proactive Strategies to Achieve Success* and *from Burnout to Bliss*. A highlight was improving with Colin Farrell while hosting the SOC Lifetime Achievement Awards.

*"Jessica has a flair for turning tools and techniques, which can be intimidating to people, into terminology and practices they can easily relate to and apply day to day."*

- Louise Baker-Griffiths  
Membership/Training Coordinator ICG, Local 669



888-670-6750

[jessica@JessicaSitomer.com](mailto:jessica@JessicaSitomer.com) [www.JessicaSitomer.com](http://www.JessicaSitomer.com)