

Dossier 2025

International motivational Speaker

Online and In-Person Talks

Unleash


YOUR TIME MANAGEMENT

Become the Architect of Your Life.



A woman with long, wavy brown hair is sitting down, wearing a white button-down shirt and white pants. She is wearing a gold-toned watch on her left wrist. The background is a solid light pink color. Overlaid on the image is a text block in white and blue font.

Professionals who master time management
can increase their productivity **by up to 30%,**
achieving better results with less effort.



I am an OAA Architect, project manager, knowledge manager, mentor, consultant, speaker, and author specializing in organization, strategic planning, and time management. Co-founder of 2be extraordinaria a movement of powerful leaders that are making a positive impact in the world. My 18 years of expertise lies in helping leaders optimize their time, maximize productivity, and implement strategies that drive sustainable success.

My vision is to empower, educate, and guide leaders to transform the world, achieve success, and leave a lasting legacy. I believe that productivity is not about doing more, but about focusing on what truly matters. I advocate for transformation, freedom, and abundance as something accessible to every leader, providing them with the tools and strategies they need to take control of their time, make intentional decisions, and create meaningful impact in both their personal and professional lives.

Hi, I am
Sabrina Castellanos!





How I can help you and your team:

What problem do I solve?



The feeling of overwhelm caused by a lack of time.

What solution do I offer?



Efficiency in time management.

What will attendees learn?



How to become the architects of their time, understanding that they have the freedom to decide where, how, and when to use it.



COUNTRIES WHERE I HAVE SPOKEN

USA - CANADA - COSTA RICA - MEXICO

I have been invited to speak at companies such as:

dōTERRA

The
**TRUE
NESS**
Project

BY ALE GONZALEZ
POWER
Talks

AHORA
CANADA

ALPFA
Toronto

LATAM
Leadership
NETWORK

NLCP
NEW LIFE CHARITY
PROJECT

TALKS

New Life
Clarity
Retreats

**Mennonite
new life
centre**

GOlive

toronto **hispano**

LATINAS
ENCUENTRO LATINAS

Latino Leaders in Business

2be
entrepreneur

**Chill
Mama
Club**

**Conectando
Marcas**



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Corporate Solutions:

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Keynote
Talks



Boost your productivity and elevate your corporate culture with transformative talk.

[Click here for the Demo Reel.](#)



Keynote Talk

Unleash Your Time Management

Become the Architect of Your Life

In this talk, I will show you and your team how to change the way you view and use your time. **Just as an architect designs buildings, you can design your life.**

You and your team will learn how to improve your day and create a positive impact on others. Through simple examples, I will show you that time is more than just hours and minutes, **it's a resource you can shape to work in your favor.**





Why This Talk Will Transform the Way *Your employees work and live*

What You Will Take Away from This Talk

An increase in your productivity by up to 30% to achieve more in less time and with less effort.

Restore the balance between your life and career, freeing up valuable hours each day.

Reduce stress and burnout by transforming the way you manage your time.

Increase your job satisfaction by 25% through mastering effective organization strategies.


What You Will Learn and Put into Practice

Give more value to your time with practical exercises that will help you make more strategic decisions.

Discover the three essential pillars to design the life you truly want.

Take control of your time and turn it into your greatest ally.

Adopt a mindset of leadership and empowerment, guiding your life with intention and clarity.





This is what your *company* gains.


- **Better Time Management** → Participants will learn how to organize their time efficiently, improving task management and balancing work and personal life.

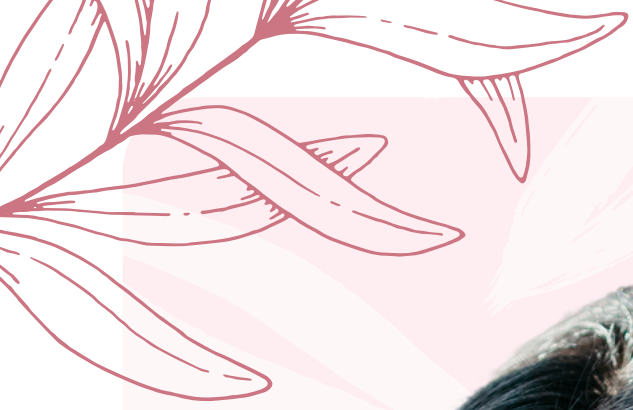
- **Increased Productivity** → Practical strategies to optimize time and prioritize tasks better, achieving more in less time.

- **Stress Reduction** → By learning to prioritize, employees reduce mental load and improve their overall well-being.

- **Greater Work-Life Balance** → Tools and strategies for a more harmonious and fulfilling routine.

- **Higher Employee Satisfaction** → Better time management drives personal and professional growth, increasing commitment to the company.

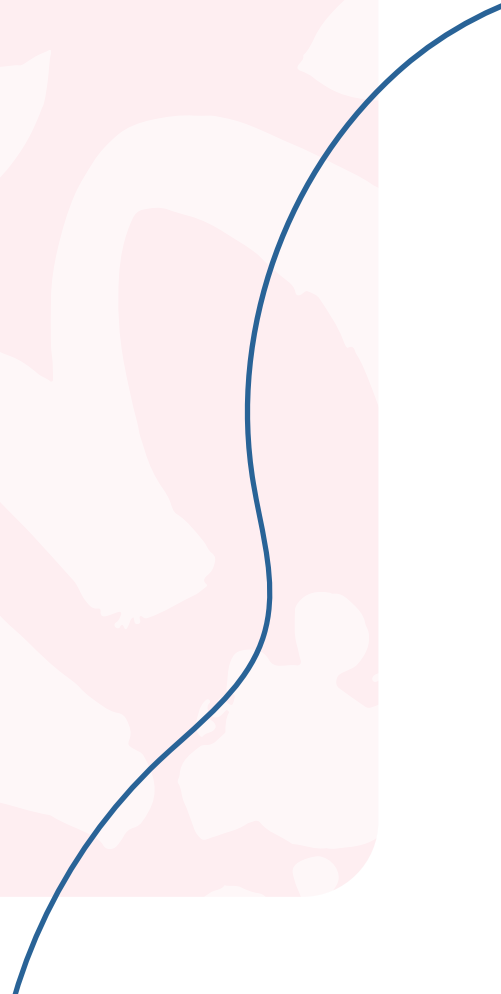
- **Reduced Turnover** → Motivated and balanced employees feel more engaged and stay longer with the company.
- 



Corporate Solutions:

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Workshops



WORKSHOP

In-person or online

Workshop Title:
Organize Yourself Step by Step
Duration:
4 hours

The chaos in your schedule isn't a lack of time, it's a lack of strategy. This workshop offers a step-by-step method **to regain control, eliminate overwhelm, and plan with intention**, without sacrificing what truly matters. It's a program that adapts to you and brings more peace to your mind.

Objective:

Empowering participants to master their time rather than react to it. Through practical lessons and concrete tools, they will learn to **prioritize without guilt, overcome procrastination, and increase their productivity**, achieving a real balance between their professional and personal lives.





WORKSHOP

In-person or online

The workshop is a practical, guided experience that gives participants the tools, structure, and confidence to take action.


Workshop Format:

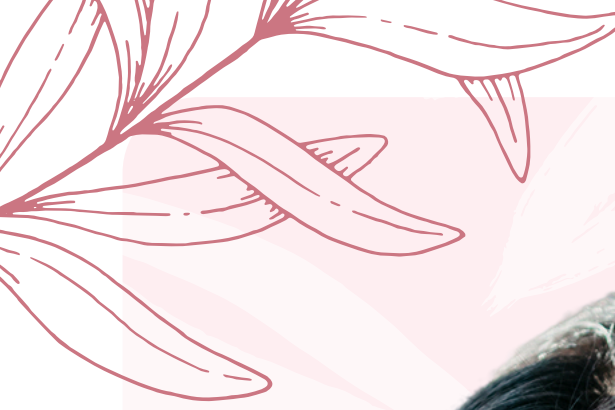
Two interactive sessions of 2 hours each (total: 4 hours)

Delivered in person or virtually

Includes a downloadable workbook and implementation tools

What participants will gain:

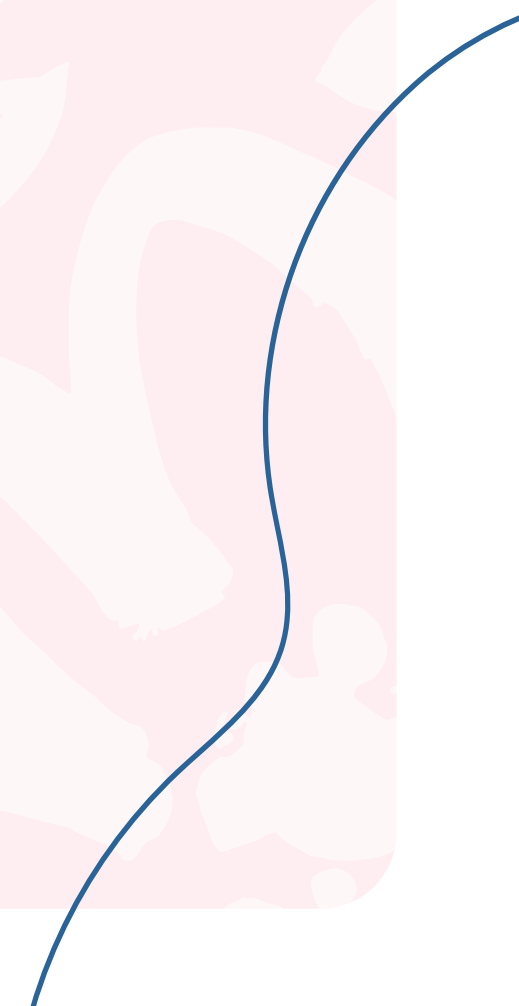
- ✓ A clear step-by-step method to organize time and priorities
 - ✓ Tools to stop multitasking and reduce mental load
 - ✓ Strategies to set healthy boundaries and say “no” without guilt
 - ✓ A renewed sense of clarity, purpose, and confidence
 - ✓ A personalized roadmap to immediately implement in work and life
 - ✓ Empowerment to take control of their agenda, instead of reacting to it
- 



Corporate Solutions:



Book



The book that transforms the way you see time

In *"Stop Wasting Your Time,"* I guide you step by step to organize your schedule, prioritize what's important, and find balance to live purposefully.

It's not just a book—it's the key to designing a life where you decide how to use your time, without stress or guilt.

Imagine what your company could achieve if every minute aligned with your team's priorities—zero guilt and without sacrificing what truly matters.

More than 500 people have already transformed their time and their lives with this method.



A GIFT THAT DRIVES YOUR TEAM'S GROWTH

Why gift this book to your employees?

Gifting this book to your team is much more than just a thoughtful gesture; **it's an investment in their growth and well-being.**

A team that masters its time works with greater motivation, commitment, and efficiency.

When your employees grow, your company grows too. **Give them the boost they need to reach their full potential!**

SABRINA CASTELLANOS



STOP WASTING YOUR TIME

Become the architect of your life

An easy, proven method to be more productive and take advantage of your time

Book me

for your next event

**Elevate your corporate culture,
motivate your team, and optimize
productivity with.**

**Schedule a call today to book an
inspiring** keynote or an step-by-step
workshop that will empower your team
and promote positive change.

Talks + Workshops + Book

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