

**Tandy Elisala, MA, CPSC, ACH, CHt, TFT-Alg**  
**Founder and CEO, Center for Inspiring Greatness™ LLC**

**TOPIC: 3 Mistakes Even Smart Women Make that Keep Them Stressed and Stuck and How to Avoid Them**

If you are finally ready for the inner peace and happiness you deserve, you'll want to participate in this content rich talk, where you will learn:

1. The 3 biggest mistakes that keep you stressed and stuck.
2. The #1 thing you can do NOW to enjoy each day with grace and ease.
3. The single biggest factor in developing and maintaining a positive mindset.
4. The surprising truth about stress and what it's really costing you.

**As a result, you will:**

- Have peace of mind.
- Feel better instantly.
- Have simple, proven tools to conquer overwhelm.
- Learn the secrets to real success.



*"Tandy demonstrated tremendous strength, compassion and unconditional love as the primary caregiver for both of her parents. Providing 24/7 care for both parents simultaneously requires patience, courage and a strong support system. The quality care Tandy's parents received from her and her family extended their lives by several years."*  
~ Dr. Edouard Mouaikel, MD

*"Tandy Elisala is an inspiration and a shining example of how the power of the mind affects healing. As one of Tandy's treating physicians through her last cancer diagnosis, I witnessed her incredible strength and positive attitude. With all of Tandy's life responsibilities during this time, her positive attitude never wavered. I never want to go through what Tandy went through, but if I did, I would look to her as a model for getting through life's challenges."*  
~ Dr. Todd C. Hobgood, MD

# Tandy Elisala, MA, CPSC, ACH, CHt, TFT-Alg Founder and CEO, Center for Inspiring Greatness™ LLC Creator of the Proprietary Care Giving P.E.A.C.E™ System

## BIOGRAPHY

Tandy Elisala is the founder of Center for Inspiring Greatness!™ LLC, is a Certified Professional Success Coach, Mindset Mentor, Speaker and a #1 International Bestselling Author. She is passionate about helping women (and a few smart men) recognize their power within to be, do, and have anything they want.

Tandy has 25 years proven experience as a corporate executive, speaker, and coach including serving as VP for one of the largest colleges in the nation and serving as an adjunct faculty member for 10 years.

Tandy was a full-time caregiver for both parents simultaneously while kicking cancer's butt a third time and raising three kids as a single parent. Tandy's book, *Healing Through the Chaos*, helps families taking care of loved ones navigate the issues associated with care giving. She co-authored *Superwoman Myths: Break the Silence and Speak Up Your Truth*.

Tandy Lives in Tempe, AZ, with her kids, amazing angel dog, and two cats.

Connect with Tandy at:

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

### BOOKS

- *Healing Through The Chaos: Practical Care giving*
- *Superwoman Myths: Break the Silence and Speak Up Your Truth*
- *Harness Your Power Within: Proven Tools to Transform Your Life Today*

**Availability**  
**Nationwide by arrangement**  
**Available as a last-minute guest**  
**Based out of Phoenix, AZ**

*I highly recommend Success Coach Tandy Elisala. She displays incredible care, compassion and unconditional love and support for her clients, combined with valuable knowledge, insights, experience and guidance. Her natural ability to motivate and empower others perpetuates goodness and instills confidence and growth. When you connect with Tandy, you'll connect with your own full potential in spirit, grace and prosperity!*

Jodi Nicholson, MCSC, Director & CEO  
The Success Coach Institute  
[www.successcoachinstitute.com](http://www.successcoachinstitute.com)

### Talks

- 3 Mistakes Even Smart Women Make that Keep Them Stressed and Stuck and How To Avoid Them!
- 9 techniques to incorporate gratefulness into your every day life.
- Discover how ordinary dogs save lives: 5 signs you can't ignore!
- Be who you really are: 9 proven steps for life success.
- Release it to make peace with it: 3 tools to reclaim peace within.
- One of the most overlooked ways to heal: Gratitude.
- 9 SIMPLE and guaranteed self care tips for life balance.
- Avoid these common mistakes to balanced health. 5 easy ways to help overcome life's greatest health obstacles using our minds.
- When spirit speaks: 3 effective ways to overcome life's biggest upheavals.

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