

SIMONE 'G' GIANGIORDANO

BIO:

Simone Giangiordano, better known as Simone G, is a lifestyle and business coach. An encourager. A lover of the ocean. She believes the courage to say "I CAN'T" will set you free.

Simone brings hope to those with invisible health challenges impacting the quality of their life and their business success. She gives voice to the idea that societal and cultural norms are far more limiting than any limitation we have, and that by sharing compassion, we can overcome many of the misconceptions and much of the stigma around chronic health challenges.

Simone's transition from her corporate career of nearly two decades to entrepreneurship was the direct result of her health challenges. As she figured out how to manage a business alongside several illnesses and injuries, she shut down her first business three times in the first five years of her entrepreneurial career. It was during these years that saying "I CAN" nearly broke her. Thankfully, the last shutdown was back in 2012!

In caregiving for her father, she learned what matters most is the impact we have and the love we share. That experience gave her the courage to be silent no more and to author the **Building Balance to Empower** programs, which were created to guide others struggling with compromised health in building a business and creating a lifestyle that supports their work and well-being. Today, she uses her Signature Program **The Power of I Can't**® alongside her business coaching to help her clients transform their lives, their businesses and their well-being.

SUGGESTED TOPICS:

- Choose Courage, Not Norms!
- 5 Business Boundaries for Your Well-Being
- How to Achieve Business Success Alongside Compromised Health
- Entrepreneur Tips for a Balanced Lifestyle
- Why the Courage to Say "I CAN'T" Will Set You Free
- Self-Awareness is the Greatest Gift for Your Well-Being



Connect with Simone G!



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SUGGESTED QUESTIONS:

Open conversations are great, as are these considerations.

1. What do you mean by societal and cultural norms are far more limiting than limitations?
2. How can entrepreneurs with health challenges build a thriving business?
3. What have been your biggest lessons in overcoming your health challenges?
4. What is *The Power of I Can't* and why is it empowering?
5. What are your top tips for living in peace & joy alongside chronic health challenges?
6. What is the BalanceUP® Lifestyle?
7. Why is entrepreneurship a good option for those with chronic health challenges?

