



# HILARY DECESARE

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Radio Show: The reLaunch Live

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## QUOTES

"The comeback will always be stronger than the setback when you can find the silver lining."

"When you can get to the point you want to be unstuck - that old habit, old lifestyle, old world... and realize it is no longer me, that's when the magic begins."

## ABOUT HILARY DECESARE

Hilary DeCesare is an award-winning business expert, #1 internationally best-selling author, and founder of both The ReLaunch Co. and The Fired-Up Entrepreneur Signature Course.

This former Silicon Valley CEO is widely recognized for her work in neuropsychology and is on a mission to empower mid-life women to experience joy and reimagine what is possible both personally and professionally with her innovative framework, the 3HQ™. Through her signature courses, private coaching, and ever-growing community, Hilary has helped thousands of women reinvent their lives, businesses, and relationships so they can show up as their best selves every day.

Hilary's work and insights have been featured on ABC's The Secret Millionaire, as well as NBC, The Huffington Post, Forbes Coaches Council, The Hallmark Channel, Fox, and Yahoo Finance. She hosts both "The reLAUNCH Podcast" and Radio America's "The reLAUNCH LIVE" and is a frequent guest lecturer at Cal Poly San Luis Opispo.

## SPEAKING TOPICS

- The Evolution of IQ to EQ to 3HQ - How a successful life over the decades both has evolved and been redefined both personally and professionally.
- The ReLaunch Effect - Seven steps for reinventing midlife and turning transitions into transformations.
- The Importance of Personal Energy - The secret to personal and business success.
- ReLaunching Your Business - Helping female entrepreneurs strengthen and clarify the CORE of their business to get to the next level.
- Abundance and Success - Fast-track with the be-do-have process.
- Belief Blasters - How to let go of self-limiting beliefs for good.

## SUGGESTED QUESTIONS

- What is the 3HQ Method and why is it critical for business success?
- What does Highest Self mean to you?
- What are the 4 Steps to take to get to the CORE of your business?