



*2019 Year of the Boar*

# 7 DAILY HABITS FOR SELF-FULFILLMENT

CYNTHIA YAMASAKI, EEPATH

**Start 2019 with 7 tips that will help you to feel less stress, stay focused, and enjoy what matters the most in your life.**

**Be empowered and energized to lead & live well.**



Cynthia Yamasaki, CEO and Founder, helps people and their organizations to lead and live well. She created EEPATH in 2007, providing highly tailored leadership development, business and life coaching, HR consulting, strategic planning, retreats and employee training to a variety of businesses, organizations, and individuals throughout Hawaii.

Cynthia has more than three decades of business experience, working in leadership roles in the corporate and nonprofit sectors. Her multi-faceted background, extensive training and local values provide her with a unique perspective on business consulting and career-life coaching.



Honolulu Club Building, Suite 420, 932 Ward Avenue, Honolulu  
cynthia@eepath.com | (808) 221-2828

