

Focus on What Matters

By Coach Pia Acevedo


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Many of our experiences are compounded and complicated by the challenges of our fast-paced modern world which can tempt us to compromise what we value most. Have your challenges overwhelmed you with anger, fear, and doubt such that you have somewhat lost your confidence? Is your drive and determination not enough? Do you find yourself focused on the trivial and invaluable, rather than focused on what matters? If you are dealing with personal or professional stress and confusion, this book and companion journal presents the Clarity Framework—a structured model to clarify, simplify and help transform your life. Focus on What Matters presents a new paradigm to see each life experience from an analytical perspective—as Simple Life Data. It is a practical guide to maximize your time so you can do more and be more. Life is too short. Focus on What Matters.

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Editorial Review

About the Author

Coach Pia Nazareno-Acevedo is a Certified Professional Coach, Co-Founder and CEO of The OneCORE, ASEAN Head of the International Institute for Coaching and Mentoring (IIC&M), United Kingdom, and a certified member of the International Coaching Federation with expertise in Family Relationships and Personal Life Transitions. She is also the Gallup Philippines Representative. She is the leading Certified Professional Coach favored by the country's chief executives, media personalities and key social influencers, and consistently invited to give seminars and workshops in South East Asia, Paris, London, and Rome, and throughout the Philippines on performance management, personal development, marriage and parenting. Committed to reaching out to individuals for the past 15 years, Coach Pia continues to share basic knowledge on making Better Life Decisions on the radio and television through ABS-CBN, GMA, Teleradyo DZMM, TV5 on Relasyon and Metro Radio Plus Hong Kong. In 2010, she launched her book entitled Born To Be A Hero™. Currently a bestseller, this book was inspired by her own pivotal life transition, which came after a near-death experience where she realized that life is too short to go through hits and misses. Thus, everyone should be equipped with skills in making better life decisions. She is married to her husband, Jim Acevedo, for 17 years, with 3 sons: Marco, 16; Paolo, 13; and Joshua, 5.

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