

# High Performers Are Quietly Replacing Hustle with Alignment And This Program Shows Them How

*A New 7-Week Pathway Helps Ambitious Professionals Reclaim Focus, Energy and Direction Without Burning Out*

SAN FRANCISCO, CA, UNITED STATES, July 3, 2025 /EINPresswire.com/ -- The burnout epidemic isn't always loud. For high achievers, it can show up quietly through fuzzy focus, chronic tension, restless sleep or a creeping sense of disconnection. And while traditional coaching models tell people to push harder, one new program invites them to do the opposite: realign.

Zenquency Healing founder Riya Wang has launched the [7-Week Mastery Alignment System](#), a guided experience designed to help driven professionals move beyond exhaustion, reclaim their clarity and reconnect with purpose without burning out or chasing productivity hacks.



Riya Wang

But behind the strategic design of this launch is [Engels J. Valenzuela](#), a business growth architect known for helping entrepreneurs turn their deep expertise into structured, scalable offers that speak directly to their ideal audience.

"This isn't about doing more," says Wang. "It's about knowing what actually matters and aligning your energy, your goals and your inner clarity so you stop drifting and start directing."

The program blends timeless principles with modern frameworks. Participants receive personalized energetic assessments, guided sound-based exercises and structured weekly integrations to build lasting internal and external momentum.

Originally built for high-performers like coaches, consultants and mission-driven professionals, the experience has already gained traction with individuals seeking a grounded, non-performative path to personal and professional growth.

Wang, a former spa owner and Chopra-certified coach, has spent years studying holistic systems of energy, balance and transformation. With Valenzuela's guidance, she translated that knowledge into a clearly defined offer: one that is both intuitive and strategic.

"Many gifted entrepreneurs and experts have powerful methods," says Valenzuela. "But the challenge is turning that into a journey others can understand, trust and commit to. That's what we did together here. Turned something powerful but abstract into something real, structured and scalable."

Valenzuela, who previously led launch strategy for global brands at Apple and Amazon, now works directly with entrepreneurs, creators and coaches to develop offers that generate momentum, messaging that converts and systems that grow without burnout.

For professionals seeking to quiet the noise and reconnect to meaningful progress or for entrepreneurs looking to structure their transformation work in a way that's built to last, the Mastery Alignment System offers both clarity and traction.



Riya Wang



Engels J Valenzuela

Explore the 7-Week Mastery Alignment System: <https://zenquencyhealing.com/energy>

Engels J Valenzuela

Smart Easy Media, LLC

+1 6463631904

[email us here](#)

Visit us on social media:

[Instagram](#)

[Facebook](#)

[YouTube](#)

[X](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/827921168>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.