



Life Designer • Speaker • Author

Sara's Speaking Categories:

- *Change*
- *Communication*
- *Creativity*
- *Inspiration*
- *Leadership*
- *Health & Wellness*
- *Life Balance*
- *Overcoming Adversity*
- *Relationships*
- *Personal Development*
- *Spirituality*
- *Stress Management*
- *Vision & Purpose*
- *Women in Business*

Sara has transformed the grit and gumption earned through tragic and darkly humorous life events into her own unique version of a well-lived life.

- She grew up in extreme poverty and then raised her young siblings while in her twenties after her mom died of breast cancer.
- The wireless technology company she founded quickly grew to yearly revenues of \$10 million and was ultimately snatched away from her.
- She beat cervical cancer and lost 30 pounds in the process.

Sara teaches others how to design, build and live their own version of a beautiful life. Sara's version includes rock and rap music, hot yoga, gummi bears and her modern family that includes three black dogs.



Keynotes • Workshops Break Out Sessions

for Corporations & Business Events



Life Plan First, Career Plan Second

You have a plan for your career. You plan vacations. You plan for retirement. But you probably don't have a plan for your **life**. Think of how those other things would turn out without a plan. Same kind of deal with your life. Without a plan, randomness rules and you won't get what you want out of life—or your career. Learn why a Life Plan is important, the framework for creating one and how it will help you get more joy and satisfaction out of your life and your career.

Vibrant Health is Your Best Business Tool + 5 Simple Ways to Achieve It

A healthy, energetic body is your best competitive advantage. It's a game-changer to accelerate your career success and live the life of your dreams. When your body is robust and vivacious, you have the confidence and get-up-and-go to accomplish anything you desire. Learn the quickest, most-effective ways to create a healthy, energetic body. They're powerful, yet practical actions that will improve your health so that you can achieve what you want in your career and life.

Manifesting Business Success: It's Not Just for the Yoga Crowd

You're always manifesting—whether you know it or not. Your everyday thoughts and intentions are manifestations. They shape and create your reality. Learn how to consciously harness your thoughts to manifest what you most desire in your career and in your life.

Work Life Balance is BS & Here's What to Strive for Instead

There is no such thing as work life balance. Striving to achieve it adds more stress and you ultimately end up feeling like a failure. Learn how to honor the different priorities and phases of your life and how to stop trying to do everything for your health, family, career and life. You'll learn what to focus on and how to stop wearing yourself out by trying to do it all.



Sara has spoken at the following:



HEWLETT®
PACKARD



Microsoft



Allianz



Allstate
You're in good hands.



Sprint



Frequently Asked Questions

Why should we hire Sara? Your audience will be both educated and entertained. Sara's irreverent style of teaching and storytelling is engaging and conveys the message in a way that people appreciate and retain. Plus Sara is flexible, easy to work with and interested in creating a unique experience for your audience.

How long are Sara's keynotes and breakout talks? Sara will work with you to fit in your time parameters. As a guideline, her Keynotes are 45-90 minutes, Breakouts are 1-2 hours and workshops can be up to a full day.

How can we hire Sara and how much does she cost? Email kris@sarachristensen.com for a quote. A 50% deposit is required to secure a date. Expenses are handled as a flat-fee including airfare from San Diego, ground transport, meals and hotel. Hotel can be provided.

Can Sara customize her talk? Absolutely and she prefers it that way so that it's relatable and most useful for the audience.

Other FAQs and resources (including photos, bios and introduction templates) on sarachristensen.com/speaker

Testimonials

"I met Sara nearly fifteen years ago when she was a feisty and strategic entrepreneur running a bustling tech company. I continue to be awed by her incredible warmth, spirit, brilliance and ability to inspire others to get to a better place, in spite of obstacles that would have rendered many catatonic and in the fetal position in the corner. Genuine, funny and armed with some great stories to tell, she has a true talent to connect with an audience, and somehow motivate even the most uptight person in the room."

- Jennifer Lyon, VP Business Development Contour Networks

"Hire Sara! Each time I have, I receive great feedback from our employees. They love her enthusiasm and how 'real' and relatable she is. She's such a joy."

- Erin Madsen, Employee Wellness Director Allianz

"Sara is naturally an excellent speaker—that shines through immediately and makes everyone in the audience feel comfortable. She quickly establishes connection and rapport, even in large rooms. Sara's ability to connect to an audience and engage them is second-to-none."

- Carrie Olsen, VP Client Services Best Buy

Soul Vitamins

YOUR DAILY DOSE
OF LOVE AND
ENCOURAGEMENT

SoulVitaminsBook.com



Soul Vitamins is a quick and punchy reminder that you are a uniquely-beautiful, amazingly brilliant soul.

It delivers a loving, yet badass, boost for those moments when you need to be reminded of your magnificence.

It's meant to feed your soul one little bite at a time.

It's the warm hug to remind you that you're understood and cared for every though we've never met.

Sara's loving, but bold straight-talk gets right to the heart of issues facing women today including the desire for more daily love and encouragement.

Soul Vitamins Companion Materials

Audio Book
Guided Meditations
Coloring Book
Printables
Journal Sheets
Digital Wallpaper

sarachristensen.com