COACH PROFILE

As a coach, Sarah draws from a deep understanding of human motivation and community development. In each session, she invites her clients into a creative and strategic awareness-raising process, equipping them to overcome obstacles, take courageous steps forward, and create a powerful legacy.

Sarah is a wife, mother, and lifelong learner who loves to laugh, read, sing, and dance. One of her greatest joys is walking with people who pursue wild dreams and use their creativity, voice, and leadership to foster beautiful communities and strength in others.

“Through coaching with Sarah, I’ve learned to take time for myself and my dreams. I’ve learned that I have goals and I can access them. I’ve also learned that I matter and I have power. It’s given me the space to take time to ask myself important questions.”

-Melinda, Santa Cruz, CA