



Servant Leadership: Understand the link between EQ and Servant Leadership

Partner with Sara, and get equipped with tools proven to help you heighten your EQ and become an emotionally responsive boss and employee. Sara will help your organization understand how applying a heightened level of EQ within your workplace KRAs and climate surveys will deepen servant leadership to all aspects of your leading effectiveness and staff productivity. As you begin leading Jesus' way even in your most emotionally challenging relationships and situations, you cannot help but become more effective at unlocking your own and others' true, God-given potential.

Emotional Intelligence | Emotional Regulation: Pinpoint the behaviors undermining your EQ and holding back your ability to lead and serve

Self-awareness is only valuable if you know how to act on it. Sara gives you straight forward strategies to care for yourself, embrace deeper vulnerability and authenticity, and shift your own and others' self-defeating habits. You'll gain an understanding of proven strategies to change your behavior in your key action areas to serve more meaningfully and effectively, fostering your leadership in the development of emotionally healthy relationships, teams, and families.

Extreme Self-Care (Mind-Body-Spirit): Unlock your own and others' potential

We all have habits that are emotionally "tone-deaf" and that erode our mental, spiritual, and physical well-being. However, few of us are aware of what those habits are...let alone of how to stop doing them. Sara teaches you how to heighten your self-awareness, pinpoint the 1-2 behaviors undermining your EQ within your Personal Self-Care, and strengthen your ability to serve within your Key Responsibility Areas (KRAs).

Family Systems: Unlock your own and others' potential, Unlock your own and others' potential

Sara is a Trained Gottman Institute Leader for Emotional Coaching. Dr. John Gottman took a look into studying and documenting 40 years of extensive research of happy vs distressed couples. All couples enter marriage with a 50% chance of failure. 87% of marriages begin to drastically disintegrate after the birth of their first baby. Partner with Sara, and get equipped with tools proven to help you prevent the disintegration of marriage and family, heighten your EQ and become an emotionally responsive partner and parent.

