



Sarah CENTRELLA

3X BEST-SELLING AUTHOR
FOUNDER OF VIVIAMO
SPEAKER | LIFE COACH | PODCASTER

Sarah is the #1 best-selling author of 3 self-help books and the creator of the Centrella Method™ coaching system.

She is the Founder of VIVIAMO a revolutionary personal development company, coaching her methods to corporate teams.

As a Master Life Coach, Sarah has worked with professional athletes, celebrities, and thousands of people worldwide, helping them create and live their dream life.

SIGNATURE TOPICS

- ✓ Manifesting & Futureboards
- ✓ Mindset & Mental Training
- ✓ Future Casting & Goal Achievement
- ✓ Finding Purpose, Passion & Happiness
- ✓ Work - Life Balance
- ✓ Life Transformation & Living Your Dreams

 **115K**
@sarahcentrella

 **45.5K**
Impressions

 **50K**
podcast downloads

 **15K**
email subscribers

SARAH'S STORY

In 2008 Sarah found a text message on her husband's phone that changed her life forever. At the time she'd been married to her high school sweetheart for 8 years, together 16, and together they had three small children.

Within minutes everything she knew about her life, and all her future plans walked out the door with him, leaving her a single mom without a job, income or access to money.

Sarah's inspiring story of how she picked herself up off the floor and began rebuilding her life from nothing will leave a lasting impression on your audience.

How she went from food stamps and barely surviving, to taking her kids to seven countries, writing 3 books, helping her son manifest his dream of playing football at Oregon, coaching NFL and NBA players, and becoming a sought-after expert in personal development, is nothing short of amazing.



Sarah is represented by the major speaking bureaus or you can get a booking quote directly by emailing team@sarahcentrella.com

CONTACT & SOCIAL

Website: www.sarahcentrella.com

Email: sarah@sarahcentrella.com

Instagram: [@sarahcentrella](https://www.instagram.com/sarahcentrella) & [@sarahcentrellashow](https://www.instagram.com/sarahcentrellashow)

Facebook: Sarah Centrella

X & Threads: [@sarahcentrella](https://www.x.com/sarahcentrella)

LinkedIn: Sarah Centrella

YouTube: [/sarahcentrellablog](https://www.youtube.com/sarahcentrellablog)

MOTIVATIONAL KEYNOTE SPEAKER

Experience the power of authenticity, connection, energy, and realness of Sarah!

Your audience will be motivated and inspired to create and achieve their dream life and crush their goals. Discover proven techniques for mastering mindset, manifesting your desires, future-casting success, and creating a successful balanced life.

Sarah Centrella has been inspiring audiences around the world with her incredible story and actionable tools for manifesting success. Her message and tools resonate with audiences of all sizes and backgrounds, from corporate events and conferences to TV and podcast interviews.

VIDEO LINKS

Sizzle reel: <https://youtu.be/15iWZ2LHmNA>

Motivational Keynote: <https://youtu.be/hMjFBXfHINo>

LA Unscripted Interview <https://youtu.be/rNCuWujS30U>

Motivational Talk: <https://youtu.be/igFRUBWS4JM>

Motivational workshop: <https://youtu.be/UHuggtvBQzw>

Keynote Speech: <https://youtube.com/shorts/q6iGoiNBePo?feature=share>



SARAH HAS SHARED STAGES WITH...



Ed Mylett
Andy Frisella
Alex Rodriguez
Danny Morel
Sheri Salata
Joan Lunden
Lori Harder
Bravo's Dianne Valentine
the cast of WAGS on E!
and many others.

SARAH'S PODCAST

Sarah's podcast, The Sarah Centrella was launched in 2020, and after a 2 year break is back in 2023!

It's had over 50,000 downloads and is currently ranked in the top 2% globally.

She shares her life coaching tips, tools, and advice on solo episodes, and interviews inspiring authors, athletes, entrepreneurs, experts, mentors, and more.

Guest include: Jo Frost, Kenjon Barner, Cuttino Mobley, Sheri Salata, Diann Valentine, Jessie Lee Ward, Lori Harder, Angie Lee, Jeff Fenster, Anthony Trucks, Amberly Lago, Danette May, Rudi Riekstins, Dr. Viviana Coles and more.



SARAH HAS BEEN FEATURED ON THESE TOP-RATED PODCASTS



Sarah was the first woman interviewed on the Ed Mylett Show

- **The Ed Mylett Show** -Ed Mylett
- **Earn Your Happy** -Lori Harder
- **YAP Young & Profiting** - Hala Taha
- **The People's Mentor** -Jessie Lee Ward
- **Midlife Conversations** -Natalie Jill
- **Breakup Boost** - Trina Leckie
- **Empower HER** -Kacia Fitzgerald
- **Awww Shift** -Anthony Trucks



The
Sarah Centrella
Show

SARAH'S BOOKS

Sarah is the author of 3 traditionally published best-selling self-help books.

ONE: *Hustle Believe Receive* -An 8-Step Plan to Changing Your Life and Living Your Dreams, was published by Skyhorse in 2016 and hit #1 in all its categories. **The paperback was released in 2019, forward by Ed Mylett.** *Available on Audible

TWO: *#Futureboards* -A Step-By-Step Guide to Manifesting Your Dream Life. This book is Sarah's famous vision boarding method. Published by Simon & Schuster in 2019. Hit #1 in multiple categories..

THREE: *All the Things I Wish I Knew* -80 Life Lessons for Women. This is Sarah's general life coaching, advice for women of all ages. Published by Skyhorse in 2023.

Available wherever books are sold and on Amazon.



“ This is a magical, fun book full of lessons on how to win at life and business. I feel like Sarah is sharing the secrets of the Universe here! -Lori Harder ”

“ Sarah shares her truly inspiring and emotional journey of how she turned her life around and created something magnificent! You've gotta get this book! -Ed Mylett ”

“ TOP 20 Books to motivate you in 2020, *Hustle Believe Receive*. -INC. Magazine ”

NATIONAL TV APPEARANCES & PRESS

