



# Sarah CENTRELLA

3X BEST-SELLING AUTHOR  
MOTIVATIONAL SPEAKER  
MASTER COACH

Sarah Centrella is a multi #1 best-selling author, master life coach, and the creator of the Centrella Method™, a powerful coaching system designed to transform lives and careers.

As the founder of VIVIAMO, she brings her revolutionary personal development strategies to corporate teams, equipping employees and leaders with actionable mindset tools to thrive both professionally and personally. Sarah has worked with professional athletes, celebrities, entrepreneurs, and thousands of individuals worldwide, helping them create and live their dream life.

## AREAS OF EXPERTISE & SPEAKING TOPICS

- ✓ Mindset Reset: How to Train Your Thinking to Get What You Want
- ✓ Futureboards Workshops - Manifesting and Vision Boards
- ✓ The Power of "What If" -How to Create a Life You Love!
- ✓ Relentless Pursuit: How to Turn Obstacles into Opportunities
- ✓ Thrive in Work and Life: Practical Tools to Reduce Stress, Find Happiness and Build a Balanced Life

 **115K**  
@sarahcentrella

 **45.5K**  
Impressions

 **70K**  
podcast downloads

 **15K**  
email subscribers

# SARAH'S STORY

## From Tragedy to Triumph

Sarah's journey is one of resilience and reinvention. In 2008, a single text message shattered the life she had built with her high school sweetheart, leaving her a single mother of three with no job, income, or financial security.

Determined to rewrite her story, she transformed adversity into opportunity, rising from food stamps to global success. She has taken her children to seven countries, coached elite athletes—including NFL and NBA players—helped her son manifest his dream of playing football at the University of Oregon, and established herself as a sought-after expert in mindset, manifesting, and success coaching.

**Her corporate clients include:** Qorvo, Nike, Pinterest, Morgan Stanley, Remax, Rippling, Sony, Verizon, BMW, Biamp, the NBA Wives Association, and more.



At the 2024 Rosebowl with son  
Kanen Rossi #60



Sarah is represented by the major speaking bureaus or you can get a booking quote directly by emailing [team@sarahcentrella.com](mailto:team@sarahcentrella.com)

## CONTACT & SOCIAL

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**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.

When Sarah speaks to your team they listen! She's lived the tools she teaches, her nearly 15 years of experience coaching athletes gives her credibility with players, and bottom line? What she teaches is relevant to what athletes struggle with every day, her tools are easy to apply and get results.

Her team talks are personable and laced with humor and emotion, but most importantly she'll teach your players how to solve some of the biggest issues that could otherwise jeopardize their success.

## VIDEO LINKS

Sizzle reel: <https://youtu.be/15iWZ2LIHmNA>

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 MEDIA

Sarah is a regular contributor on the ABC morning show AM Northwest (KATU 2), serving as the show's recurring life coach, and personal growth expert. She was also featured as the expert life coach and manifesting expert on the PBS series Roadtrip Nation, and has been a guest on countless national TV programs.

## Sarah has been featured by:

Prevention Magazine, The Wall Street Journal, ABC News, Cosmopolitan, Girls Life Magazine, Women's World, The New York Times, Inc. Magazine, OK! Good Morning America and many others.



## NATIONAL TV APPEARANCES & PRESS



COSMOPOLITAN

Prevention



STEVE HARVEY



The New York Times



yahoo! news



WALL STREET JOURNAL



ELITE DAILY

# 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 ”



# 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