



SARAH CENTRELLA

CORPORATE KEYNOTE SPEAKER | 4X BEST-SELLING AUTHOR | EXECUTIVE & MINDSET COACH

MEET SARAH

Sarah Centrella is a globally recognized keynote speaker, mindset expert, executive & mindset coach, and 4x best-selling author. She teaches practical, proven mental fitness tools that help employees reduce stress, think clearly under pressure, and build the resilience needed to thrive in today's workplace.

Her powerful story, real-world strategies, and proven methods have helped thousands of leaders, teams, and organizations create meaningful, measurable change.

For nearly 15 years, Sarah has coached Fortune 500 companies, C-suite executives, professional athletes, and high-performing teams, including leaders at Nike, Pinterest, Verizon, and Sony. She provides actionable strategies that drive meaningful, measurable results in both work and life.

Sarah has been featured by *Good Morning America*, *The Wall Street Journal*, *ABC News*, *Cosmopolitan*, *Prevention*, *Inc. Magazine*, *OK!*, *The New York Times* and more.

SARAH'S BOOKS



Hustle Believe Receive

(Skyhorse 2016)

#Futureboards (Simon & Schuster 2019)

All the Things I Wish I Knew
(Skyhorse 2022)

Think It (Post Hill Press 2026)



sarahcentrella.com

sarah@sarahcentrella.com

MOST REQUESTED KEYNOTES & WORKSHOPS

THINK IT: Mental Fitness for Modern Leaders and Teams **How to Stay Clear, Confident, and Steady—No Matter What**

Based on Sarah's latest book, *Think It*

Keynote or workshop —High-impact mindset training that equips audiences with the mental fitness skills needed to perform, communicate, and lead at a higher level — regardless of external pressures or change.

Description: Drawing from her new book *Think It*, Sarah teaches practical, real-time tools that help people interrupt spiraling thoughts, sharpen focus under pressure, and operate from clarity instead of stress. These mindset resets are simple, immediately actionable, and built for the realities of today's workplace.

These tools **enhance professional performance while simultaneously improving personal wellbeing**. Attendees leave with a practical mental framework that strengthens resilience, supports clear thinking, and fuels sustainable fulfillment in both work and life.

Learning Outcomes:

- Tools to stop spiraling thoughts in real time
- Strategies for performing under pressure
- A mental framework for resilience and clarity

#FutureBoards Workshop: Strategic Vision-Setting for Leaders & Teams

Based on Sarah's #1 best-selling book
#Futureboards

Keynote or workshop — Vision and goal setting, clarity, motivation, and purpose. Ideal for corporate teams, kickoffs, team building, and conferences.

Description: #Futureboards is Sarah's globally recognized vision-setting method that helps audiences get crystal clear on what they truly want — personally and professionally.

This engaging, hands-on keynote teaches how to build a bold, aligned vision for your life and career (no magazines required), and how to turn that vision into a daily roadmap.

Perfect for leadership retreats, sales teams, women's conferences, and any event focused on clarity, confidence, purpose, or next-level growth.

Learning Outcomes:

- A clear vision for personal and professional goals
- A framework for long-term success
- A mindset for growth, motivation, and confidence

PAST CLIENTS INCLUDE

Nike • Pinterest • Verizon • Sony • Qorvo • Microsoft • Morgan Stanley • Rippling • BMW • Quaker • PSEG • REMAX • The NBA Wives Association • KB Home • Toastmasters International • Xerox • Flood Law Firm • Even • Pruvit • Biamp • The Red Cross • TM America • Buckley LLP

WHAT CORPORATE LEADERS & EVENT PLANNERS SAY

"Thank you Sarah for speaking at our convention! I've heard such wonderful feedback from your talk and workshop."

— Diane, Marketing Director | **Toastmasters International**

"Thank you for sharing your powerful message with us today, we've received such great feedback, this was our largest turnout ever for a guest speaker! The global team loved you."

— Lori Harris, Marketing Director | **Nike**

"Tons of positive talk about your vision board workshop yesterday, Sarah. Thank you for sharing your amazing story and tools with our global team."

— Charlie Hale, Head of Policy | **Pinterest**

"That was wonderful!!!! THANK YOU THANK YOU!!! Our clients loved your #Futureboards workshop, such great feedback."

-Becky Holmes, Head of marketing | **Rippling**

"That was FANTASTIC Sarah! Our leaders can't stop talking about your workshop."

-Priscilla, Executive Director | **Morgan Stanley**

IDEAL FOR: Employee Events, Conferences, All-Hands Meetings, ERGs & Affinity Groups, Leadership Retreats & Offsites, Company-Wide Development Days, Culture Initiatives, Employee Wellbeing & Mental Fitness Weeks, Sales Kickoffs & Team Meetings

BOOK SARAH

To check availability or request a proposal:

Email:

team@sarahcentrella.com

Visit:

sarahcentrella.com/speaking

Instagram: @sarahcentrella

LinkedIn: sarahcentrella

