



SARA YAO

Leadership Consultant · Author · Speaker

Leaders are expected to produce extraordinary results quickly, yet their attention and time is being pulled in dozens of directions. The speed and demands of our 21st century lives can easily pull a leader off center and become distracted, stressed and reactive. How do leaders navigate so many competing demands while remaining focused, innovative and resilient?

The foundation of a leader's impact is their awareness of the present moment. Leaders who are fully present are better able to foresee issues, make bolder decisions and more creative in resolving challenges.

Sara Harvey Yao is an expert in transforming a leader's impact by strengthening their ability to be present.

DURING SARA'S ENGAGING SESSIONS, PARTICIPANTS WILL:

- Learn the neuroscience behind their unconscious reactions
- Experiment with ways to access higher-level thinking and relating
- Identify ways to choose more productive responses
- Practice tools to strengthen awareness of the present moment

POPULAR TOPICS INCLUDE:

- Get Out of Your Head: Simple Strategies to Lead More Powerfully
- Listening as a Leader
- Parenting with Presence

“I loved your ability to make complicated, deep, intellectual topics accessible and simple, yet still valuably thought provoking.”

– Bridget Burgess, CFP, Strategic Planning Partners



LEAD FROM WISDOM *with* SARA HARVEY YAO



*Sara specializes in
personal transformation,
leadership and presence.*

She has worked with thousands of courageous leaders from companies like Microsoft, Brooks Athletics and T-Mobile. Whether working one-on-one with clients, as a facilitator or as an inspiring speaker, Sara is committed to guiding clients into deeper levels of awareness and clarity about their unconscious patterns and conditioning.

Sara is the author of the book, *Get Present: Simple Strategies to Get Out of Your Head and Lead More Powerfully* and *Drop In: Lead With Deeper Presence and Courage*.

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LEAD FROM WISDOM

personal transformation with Sara Yao

SARA'S WORK HAS BEEN SEEN ON:



WALL STREET SELECT



Marketplace



The Seattle Times

YAHOO!
FINANCE

PARTIAL CLIENT LIST:



watson™



market leader

