



Principal and Connector-in-Chief

Having worked in both global and start-up entities, Sarah's experience includes senior-level roles in HR, marketing, and operations. Before starting her coaching practice, Sarah was a member of the leadership team at Automatic Data Processing (ADP), where she partnered with executives to align talent strategies to business objectives and coached her executive teams through significant organizational restructures and cultural transformations.

Prior to ADP, Sarah was a key member of the leadership team at AMP, a youth marketing agency, where she held leadership roles in client services, research services, and operations, and led national promotions for clients including, Converse, Timberland, and Gillette. She collaborated closely with the founding partners to establish systems, structure, and processes and played an integral role in building the early-stage start-up to a robust \$45M entity.

A life-long and constant learner, Sarah has immersed herself in neuroscience theory and application. She brings a suite of neuro coaching tools to her clients, enabling them to build their neuroagility and accelerate their results.

Sarah creates a “no-judgment” space for clients to learn and has a knack for distilling information to help clients quickly get to the root of issues. Her communication style is direct and compassionate, balancing straight talk with empathy and humor.

With a reputation as a “connector,” Sarah forges strong relationships with her clients and helps them engage more intentionally with stakeholders to build social capital and increase their impact.

Aligned with her passion for developing female leaders, Sarah was a key member of the design team for the Executive Women in Leadership Program for the Northeast Human Resources Association. She previously served as Program Director and currently serves as faculty. She is also a past Co-Chair of the Coaches Corner at the Massachusetts Conference for Women, through the International Coach Federation (ICF) New England chapter. She currently serves as a Master Coach Supervisor for William James College.

Sarah holds a bachelor's degree from the University of Massachusetts at Amherst. She received her coach training through Coach-U and is an ICF credentialed coach.

Sarah is an avid skier, an impulsive baker, and a lousy gardener. Her favorite food group is butter.



PARTIAL CLIENT LIST

Ahold-Delhaize • Care.com • Foundry • Collegium Pharmaceuticals • Bright Horizons
National Fire Protection Association • Boys & Girls Clubs of Boston
Broad Institute • Creative Circle • Teknor Apex
Harvard Pilgrim Health Care • Salsify • Edwards Vacuum • NEHRA

CERTIFICATIONS

Neuro-Transformational Coach • LVI 360 • Motivational Maps® • Motivation Factor