



Dr. Sarah Porter

Consulting Psychologist | Speaker | Trainer

Making the hard science behind soft skills approachable, actionable, and engaging





Speaker One Sheet

Dr. Sarah Porter



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Are you wondering how to empower your team to initiate, participate, and innovate without risking burnout?

Helping individuals and organizations thrive

Sarah Porter, PhD, is an award-winning, Stanford-educated psychologist who translates the latest social science into simple, high-impact strategies that you can implement right away to increase employee effectiveness, engagement, and – above all – well-being.

Talks and Trainings that Transform

- The Musts of Trust: How to Build, Maintain, and Repair Your Relationships at Work
- Creating an Effective Feedback Culture
- Saying No: The Art and Science of Setting Priorities and Boundaries at Work
- Maximizing Motivation: How to Sidestep Burnout and Fuel Team Success
- Harnessing Your Hope
- Making Mindfulness a Daily Practice
- + even more leadership, core skill building, and resilience sessions

"Masterful trainings that leave me informed, inspired, energized, and prepared to take meaningful action. Dr. Porter is a needed expert and breath of fresh air."

Let's make positive change

To book Dr. Sarah Porter for your next event, connect with her today.



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Keynotes & Trainings

Dr. Sarah Porter



Training Bundles

All sessions can be offered as standalone experiences or sequenced to build deeper competencies in the following areas. Click any link to go straight to the session details.

<p>Leadership for emerging and experienced people leaders</p>	<p><u>The Musts of Trust: How to Build, Maintain, and Repair Your Relationships at Work</u></p> <p><u>Creating an Effective Feedback Culture</u></p> <p><u>(EQ)uilibrium at Work: How Composure and Compassion Help You Succeed</u></p> <p><u>Maximizing Motivation: How to Sidestep Burnout and Fuel Team Success</u></p> <p><u>Leading High-Performing Hybrid Teams</u></p>
<p>Core Skills for all employees</p> <p>—</p> <p>Onboarding for new hires</p>	<p><u>The Meaning of Mindset: How Our Approach to Work Shapes Success</u></p> <p><u>The Musts of Trust: How to Build, Maintain, and Repair Your Relationships at Work</u></p> <p><u>Saying No: The Art and Science of Setting Priorities and Boundaries at Work</u></p> <p><u>Creating an Effective Feedback Culture</u></p> <p><u>(EQ)uilibrium at Work: How Composure and Compassion Help You Succeed</u></p> <p><u>Plotting Your Professional Path: How to Align and Mine to Strike Career Gold</u></p>
<p>Communication for all employees</p>	<p><u>(EQ)uilibrium at Work: How Composure and Compassion Help You Succeed</u></p> <p><u>Saying No: The Art and Science of Setting Priorities and Boundaries at Work</u></p> <p><u>Revisiting Saying No: Successes, Stumbles, and Solutions</u></p> <p><u>Creating an Effective Feedback Culture</u></p> <p><u>The Reluctant Presenter: How to Manage Your Public Speaking Anxiety</u></p>
<p>Resilience & Well-being for all employees</p>	<p><u>Empowered Relief®: Train Your Brain Away from Pain</u></p> <p><u>Growing Your Gratitude</u></p> <p><u>Harnessing Your Hope</u></p> <p><u>Making Mindfulness a Daily Practice</u></p>
<p>Optional Add-on for any course</p>	<p>A Guided Discussion to reinforce learning and troubleshoot skills application, typically scheduled 2 to 4 weeks after the initial session</p>

Impact & Logistics

Impact

Clients give Dr. Porter's sessions rave reviews as reflected in their positive ratings*:

- **9.7** out of 10 for delivery
- **9.8** out of 10 for actionability

When asked how likely they are to recommend Dr. Porter's training to their colleagues, attendees report "very!" with an average score of **9.6** out of 10.

* Based on opt-in surveys sent immediately after training delivery.

Capacity

- Up to 30 attendees for all 2 hour or longer interactive sessions
- Up to 99 attendees for all 1 hour interactive sessions
- Please reach out to discuss capacity for keynotes

Delivery Platforms

- In person
- Cisco Webex
- Microsoft Teams
- Zoom

Clients

You're in good company when you work with Dr. Sarah Porter. Recent clients include:



APOGEE

"I know personally you've contributed to my growth as a leader these past two years, and I know you've helped mature my high-performing team by giving them the soft skills and language they need to deliver."

– Amy B., Senior Vice President at a large retail bank

"Dr. Porter is a gifted speaker who has a remarkable ability to present complex information in an easily understandable and relatable manner. She is especially skilled at helping others learn and apply the psychological tools they need to function at their highest level. Her fun and engaging style makes working with her a total pleasure."

– Katherine P., Research Director at a major educational publishing company



Creating an Effective Feedback Culture

Course Description

Many of us have a love-hate relationship with performance discussions. As the feedback giver, you want to strike a balance between recognizing strengths and addressing weaknesses, yet you sometimes struggle to get it right. As the recipient, you crave insights that will drive your development, but you don't always walk away feeling fully seen or clear on your next steps.

In this session, you will learn proven strategies to transform your approach to feedback. Master how to communicate praise and constructive criticism so that they land well. Discover techniques for responding that enhance your understanding and accelerate your career momentum. Leave better equipped to navigate these tricky conversations, ultimately elevating your performance and that of your team.

Learning Outcomes

Participants will learn how to:

- Identify the individual and organizational benefits of high-quality feedback
- Articulate four core culture pillars that create an environment where leaders and contributors alike can give and receive meaningful input
- Utilize an evidence-based approach to successfully deliver positive and negative performance feedback
- Respond to feedback in a way that is both empowering and career-enhancing

Duration

1 hour keynote or 2 hour interactive session

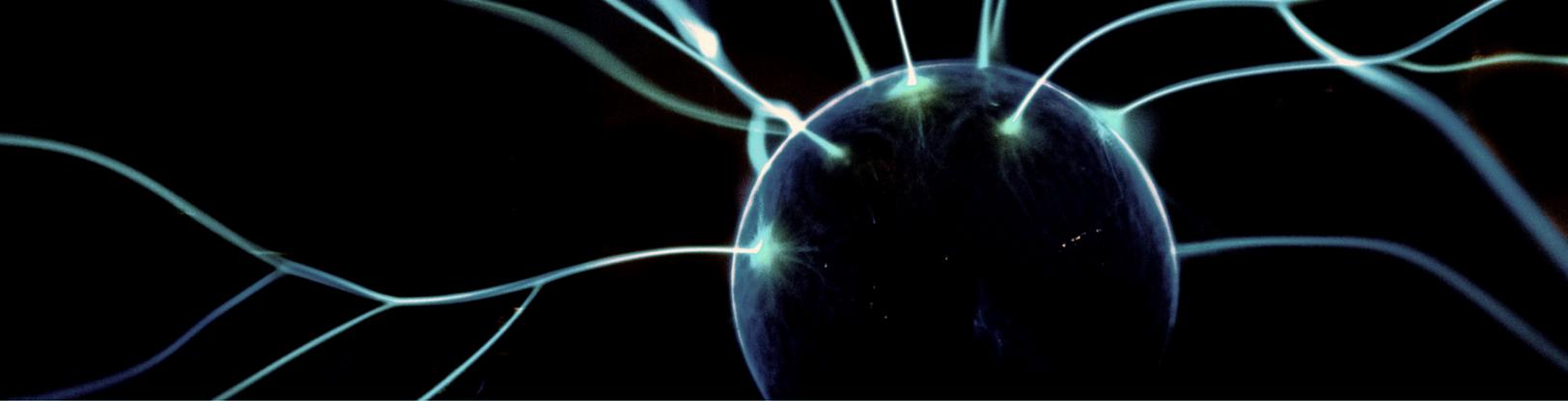
Testimonials

"The keynote was organized and actionable. We got tactical tools we can apply immediately. Also appreciated the science and data backing, and Dr. Porter's knowledge, presentation style, and passion."

"I've taken various training classes for over 20 years, and this by far was one of the best, if not the best. LOVED the class, the presenter, the material, I want more!"

Audience

All employees



Empowered Relief®: Train Your Brain Away from Pain

Course Description

If persistent pain is holding you back, know that hope is on the horizon. In this skills-based workshop developed by Stanford University experts, you will discover practical, neuroscience-backed strategies to reduce chronic pain, improve sleep, lower stress, and enhance your quality of life. Taught by certified instructors, the Empowered Relief® curriculum provides tools to retrain your brain's response to ongoing pain, offering lasting benefits that help you live the life you want.

Learning Outcomes

Participants will learn how to:

- Understand your brain's role in chronic pain
- Apply two proven techniques to minimize the impact of pain on your daily activities
- Incorporate a free audio resource featuring binaural beats and guided meditation into your pain management routine
- Design a personalized plan you can turn to for sustained pain relief and improved well-being

Duration

2.5 hour interactive session

Testimonials

"I absolutely enjoy learning from Dr. Sarah - she's incredibly insightful in so many regards, so it's difficult to narrow it down to one particular thing I liked most. So many actionable things you can do to manage your pain that don't seem too complicated."

"Dr. Porter, you are amazing. I always learn something from you. Thank you for bringing your expertise to our company and each of us as individuals."

Audience

All employees





(EQ)uilibrium at Work: How Composure and Compassion Help You Succeed

Course Description

Workplace challenges can test even the most attuned professionals: a boss with a different vision for a big project, a teammate storming off mid-call, or uncertainty looming over a reorganization. These moments don't just require technical skills — they call for emotional intelligence (EQ).

In this insight-rich training, you will test-drive strategies for workplace success: from using the “core four” framework to better understand your response to workplace dynamics, to building camaraderie and trust through proven communication methods. Armed with a validated people skills playbook, leave feeling capable, composed, and connected — the hallmarks of a high performer ready to thrive in any setting.

Learning Outcomes

Participants will learn how to:

- Describe the four components of emotional intelligence
- Make a strong case for EQ as a career superpower that drives results and relationships
- Use science-backed methods to increase your emotional fluency
- Determine when and how to engage with others when emotions run high
- Convey humility, empathy, and authenticity to deepen connections with colleagues
- Draft an EQ game plan that supports individual growth and optimal team functioning

Duration

2 hour interactive session

Testimonials

“Expertise and knowledge of EQ was invaluable. The ability to apply to work situations will be immediate. Enjoyable to follow.”

“I really like Dr. Sarah and her demeanor and delivery. She feels very in-tune with the audience and provides extremely relatable examples.”

Audience

All employees



Growing Your Gratitude

Course Description

Saying thank you isn't just polite – it is a buffer against burnout, a boost for your mental and physical health, and a key to strengthening relationships at work and beyond. If gratitude has felt out of reach lately, this workshop will help reignite your sense of appreciation using science-backed strategies. You will come away with a renewed outlook, practical tools to reliably activate your thankfulness, and a solid plan to make gratitude a lasting, impactful habit.

Learning Outcomes

Participants will learn how to:

- Describe the positive effects of giving thanks on individuals and organizations
- Implement four research-backed techniques to tap into your gratefulness
- Establish a sustainable gratitude writing practice that works
- Craft and deliver meaningful thank yous that deepen your professional and personal connections

Duration

1 hour interactive session

Testimonials

"I want to give a shoutout to Sarah Porter who recently led a lesson on gratitude. Her practical tips and science-backed approaches have already made such a difference in my life. Not only does she bring expertise and energy to her teaching, but she also takes the time to greet students by name and make us feel seen and appreciated. Thank you for all that you do to make our learning experience so positive and rewarding."

"I started the session feeling stressed and overwhelmed and afterwards, left feeling 100% better."

"Great course! I needed it and didn't know it."

Audience

All employees



Harnessing Your Hope

Course Description

Hope isn't just a feeling — it's a proven practice and a performance powerhouse. Studies reveal it surpasses both intelligence and talent as a predictor of workplace success. Even more striking: Hopeful employees consistently outpace their peers, accomplishing in four days what others need five to complete. Better yet, harnessing hope not only drives results but also improves overall well-being in your organization.

Transform powerful insights into action in this hands-on workshop. You will discover a formula for hope that goes beyond positive thinking, applying evidence-based strategies to supercharge motivation and follow-through. Leave this session equipped to not only achieve your own goals but also become a catalyst for a culture of hope in your organization.

Learning Outcomes

Participants will learn how to:

- Identify the three key elements of the hope equation
- Make a strong case for the role of hope in your workplace
- Utilize four techniques to awaken hope in yourself and others
- Implement a structured hope-building approach that refines goals, devises plans, and activates self-efficacy in order to improve individual, team and organizational outcomes

Duration

1 hour interactive session

Testimonials

"Dr. Porter gave me the insight and the tools to take hope and put it into action to obtain my goals."

"Uplifting and actionable! Dr. Porter is an engaging speaker. She presents the material in an easy to follow manner."

Audience

All employees



Leading High-Performing Hybrid Teams

Course Description

What does it take to lead a highly effective team in today's hybrid environment? While managing hybrid work isn't necessarily harder, it requires a fresh approach — one that reimagines how we build team cohesion, share knowledge, onboard new hires, and run productive meetings. In this session, you will learn to leverage cutting-edge communication, connection, and collaboration practices that support successful teams who may sometimes be remote, but don't have to be distant.

Learning Outcomes

Participants will learn how to:

- Recognize the unique opportunities and challenges of hybrid work environments
- Enact four essential culture building strategies that promote team trust and shared vision
- Neutralize the effects of proximity bias within a hybrid setting
- Incorporate proven processes that encourage belonging and engagement into remote onboarding and virtual meetings

Duration

2 hour interactive session

Testimonials

"EXCEPTIONAL session - loved how grounded the practices and ideas were in data. Wonderful facilitation by a credible expert. I wish everyone at our company could take this session - especially some of our most senior leaders who may be experiencing the leader/employee disconnect we discussed."

"These trainings are fabulous, must-attend sessions for me. I have a long list of actionable takeaways. Dr. Porter always does an incredible job keeping folks engaged and grounding her presentation in facts and sources. Thank you for the insights and empowerment!"

"Dr. Porter was knowledgeable, positive and solutions focused."

Audience

Emerging and experienced people leaders



Making Mindfulness a Daily Practice

Course Description

Perhaps you've heard how helpful mindfulness is, but can't fit yet another thing into your schedule. Or you've tried meditation, becoming antsy and distracted by your to-do list within minutes. Amidst the frenzy of work life, it can be difficult to pause long enough to catch your breath, let alone block off time to focus on it!

This workshop makes mindfulness practical and accessible, even for the busiest among us. Discover simple, bite-sized ways to clear mental clutter. Explore how to create moments of intentional calm throughout your day. You will leave with a solid understanding of what mindfulness is, its remarkable impact on your well-being, and a personalized plan to make it work for you.

Learning Outcomes

Participants will learn how to:

- Summarize the personal and professional benefits of mindfulness
- Integrate six easy mindfulness techniques into your workday to enhance focus and reduce stress
- Formulate a mindfulness action plan tailored to your personality and work environment

Duration

1 hour interactive session

Testimonials

"Dr. Porter was absolutely amazing. She was such a calm, encouraging voice. She made me realize that some of the things I already do were mindfulness practices, which made it easier to do more of those things and enjoy them more mindfully. There was good engagement and it felt easier to share."

"Stellar! It gave needed peace in the moment and was the start of practicing mindfulness more regularly at work."

Audience

All employees



Maximizing Motivation: How to Sidestep Burnout and Fuel Team Success

Course Description

If you've been scratching your head about how to rekindle your team's excitement about work or feel more engaged in your own career, this session is for you. You will not only gain a deeper understanding of how intrinsic motivation influences workplace performance and well-being, but also walk away with a repertoire of practical, high-impact strategies you can immediately implement within your organization to activate autonomy, cultivate confidence, and boost belonging. Get ready to leverage the latest psychological science to best support individual and team success while keeping burnout at bay.

Learning Outcomes

Participants will learn how to:

- Recognize the signs of burnout within yourself and your team
- Articulate the three core drivers of intrinsic motivation that propel employee satisfaction and productivity
- Describe the relationship between motivation and burnout
- Apply research-backed skills that spark motivation from within while safeguarding against burnout

Duration

1 hour keynote or 2 hour interactive session

Testimonials

"Thank you again for the attentiveness and preparation you put into this amazing session. It really hit the mark and provided our employees with actionable steps to make their personal and professional lives better."

"This keynote left me thinking more deeply about our business and how to be even more effective with my team by supporting their motivation."

"Sarah was very informative and personable with no dead spots in her talk. I am NOT a webinar guy, but this is a session I would happily recommend."

Audience

Emerging and experienced people leaders



Plotting Your Professional Path: How to Align and Mine to Strike Career Gold

Course Description

Whether you're stepping into your first individual contributor role or charting your next move as an experienced people leader, now is the perfect time to take stock of where you are and design a career future that truly shines.

In this hands-on workshop, you're invited to evaluate your work satisfaction, harness the power of dual lens feedback, set bulletproof goals, and strengthen your resilience skills. Drawing upon cutting-edge research, this session will equip you with the tools and insights needed to tap into your potential and turn your professional vision into reality.

Learning Outcomes

Participants will learn how to:

- Align your values, skills, interests, and purpose to form the bedrock on which a meaningful career is built
- Assess career satisfaction using the three principles of self-determination
- Understand why the combination of internal and external feedback is a conduit to professional success
- Devise goals that balance learning and performance for sustained motivation and progress
- Navigate growth opportunities with mindfulness and fortitude
- Draft an individualized development plan that helps you achieve career gold

Duration

2 hour interactive session

Testimonials

"Dr. Porter helped me reflect on and strengthen skills that I thought I had mastered but upon further reflection, needed to sharpen. I very much enjoyed the class."

"Highly engaging and relevant science-backed info."

Audience

All employees



Saying No: The Art and Science of Setting Priorities and Boundaries at Work

Course Description

Do you find yourself saying yes to too many requests, only to feel regret as you grow increasingly overstretched and resentful? Or perhaps you've fumbled your way through saying no, wondering how others do it with such grace. In this workshop, you will uncover the art – paired with a hefty dose of science – of prioritizing your workload and setting boundaries. Learn when, why, and how to deliver a no that avoids burnout, keeps you focused on your goals, and yes, preserves collegial relationships.

Learning Outcomes

Participants will learn how to:

- Explain why establishing boundaries is critical for flourishing personally and professionally
- Identify four common roadblocks to effective boundary-setting
- Apply a simple decision-making framework to determine whether to say yes or no to an opportunity
- Use at least two proven techniques to successfully deliver a no
- Manage pre- and post-no nerves using evidence-based strategies

Duration

1 hour keynote or 2 hour interactive session

Testimonials

"I appreciated how well the materials were organized and presented, and how comfortable Dr. Sarah made me feel, in addition to her vast knowledge. The principles were digestible, easily applied and buildable. Dr. Sarah was awesome - I would take anything else she offers!"

"I liked how the training made me think about the types of people in my life I'm willing or not willing to say no to. It gave me great insight! Also, I loved all the strategies for saying no, and how I could combine them into an artful, empathetic discussion with the requestor. Great training! Best 2 hours spent all quarter."

Audience

All employees



Revisiting Saying No: Successes, Stumbles, and Solutions

Course Description

This work session is designed to refresh and expand the skills introduced in the *Saying No: The Art and Science of Setting Priorities and Boundaries at Work* training. Celebrate your wins fielding requests with greater intentionality, reflect on lingering challenges saying no, and acquire advanced strategies for navigating the thorniest boundary-setting situations.

Learning Outcomes

Participants will learn how to:

- Identify key lessons learned from your recent boundary-setting successes and struggles
- Employ new methods for managing dynamics that make saying no difficult
- Articulate how saying no aligns with both your personal values and organizational priorities
- Develop a personalized script for handling repeated boundary-pushing

Duration

2 hour interactive session

Testimonials

"Dr. Porter was fantastic about translating rigorous, data-based research into very useful, actionable insights. She was also very accessible and an excellent listener, thoroughly addressing the questions/observations made by participants and using the opportunity to share additional, relevant observations. The organic discussion that emerged was also extremely useful - which is not always the case."

"Workshopping our nos was great! Very actionable processes and material that helped us think about what we can/cannot take on, how to communicate why we cannot take on the work at that time, and how to mix and match no techniques for a given work situation."

"I learned a lot and I feel more confident setting boundaries. I love that boundaries grow relationships, they don't shut them down. Aha moment for me!!"

Audience

All employees



The Meaning of Mindset: How Our Approach to Work Shapes Success

Course Description

We've all heard that 'mindset matters,' but have you ever paused to consider what it really means? In this hands-on training, you will discover how adopting a growth mindset can supercharge your capacity to learn, your well-being, and your career.

Drawing upon the latest brain and behavioral science, you will have the opportunity to experiment with simple shifts that open the door to developing new skills, taking smart risks, and responding well when things don't go according to plan. If you're looking to better embrace challenges and overcome stumbling blocks, get ready to level up your professional agility in this engaging session.

Learning Outcomes

Participants will learn how to:

- Differentiate between growth and fixed mindsets
- Discuss how a growth mindset contributes to individual and organizational success
- Employ research-backed self-talk strategies that foster compassion, flexibility, and lifelong learning
- Follow a three-step process to recover from setbacks

Duration

2 hour interactive session

Testimonials

"I came into this training with the mindset of 2 hours to get some admin stuff done...Within 5 minutes everything else went away and I was concentrating solely on the training. Fantastic use of time!"

"Absolutely loved this whole presentation! I'm completely on board with the concept of growth mindset and think it's great to remind us of how extraordinary we really are. Having the group and paired discussions really allowed people to have a voice. Thought provoking and ephiphany-inducing. THANK YOU!"

Audience

All employees



The Musts of Trust: How to Build, Maintain, and Repair Your Relationships at Work

Course Description

What is the backbone of every successful team? Trust. In its absence, we often become stingy with our time, resources, ideas, and goodwill toward colleagues. But when trust takes hold, engagement and performance soar.

This training offers a practical roadmap for nurturing trust at work, no matter your role or function. Explore which daily actions facilitate trust within new or existing teams, preserve it in varied work environments, and recover it when trust gets shaken.

Learning Outcomes

Participants will learn how to:

- Describe the “teeter totter of trust”
- Summarize the benefits of prioritizing trust within your team and organization
- Identify and evaluate six trustworthiness indicators that shape your work relationships
- Employ targeted strategies to grow trust, recover from lapses, and strengthen team collaboration

Duration

1 hour keynote or 2 hour interactive session

Testimonials

“It was really wonderful to have you. Your perspective and the course feel so natural and simple. The Occam’s Razor of workplace behavior.”

“The examples given, the flow of class, the material - all of it was very helpful. It opened my eyes to thing others and myself do to make and break trust. The training was friendly, thought provoking, and non-judgmental.”

“Dr. Sarah would be excellent in teaching everything, including the phone book!”

Audience

All employees



The Reluctant Presenter: How to Manage Your Public Speaking Anxiety

Course Description

Does the thought of presenting in front of a group make your heart race, your mind spiral, or your stomach drop? Do you shy away from taking the stage or leading a meeting? You're not alone – public speaking is one of the most common workplace fears, but it doesn't have to hold you back.

In this session, you will uncover why your stress response kicks into overdrive in these high-pressure moments and find ways to transform those nerves into excitement. Walk into your next speaking opportunity equipped with science-supported techniques that prepare you to shine. Good bye, reluctance. Hello, readiness!

Learning Outcomes

Participants will learn how to:

- Distinguish between the two primary sources of public speaking anxiety
- Explain the personal and professional advantages gained by growing your confidence as a presenter
- Counter the self-critical thoughts that often accompany public speaking jitters
- Utilize evidence-based skills to optimize performance before, during, and after stepping into the spotlight
- Develop a personalized plan for increasing your comfort and success as a presenter

Duration

2 hour interactive session

Testimonials

"I absolutely loved this session. Excellent course content and facilitation that condensed the best of what I've learned over the years and then added some really actionable tips and tricks supported by research. Where were you when I was pitching companies to Fortune 500 Senior Operating Committees? Seriously one of my favorite trainings and that's saying something."

"I LOVED this class!!! Dr. Porter is excellent! I'll be putting many things into practice right away, plus I have an action plan for the future. Thank you!"

Audience

All employees