

Dr. Sarah Porter

Psychologist | Speaker | Trainer



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 behavioral science into simple, high-impact strategies that you can implement right away to increase employee effectiveness, engagement, and – above all – well-being.

Virtual keynote and training topics

- Creating an Effective Feedback Culture
- Leading High-Performing Hybrid Teams
- Saying No: The Art and Science of Setting Boundaries
- Start Small to Go Big: Simple Ways to Increase Motivation and Make Positive Change
- The Meaning of Mindset: How Our Approach to Work Shapes Our Success
- The Reluctant Presenter: How to Manage Your Public Speaking Anxiety
- Your Resilience Toolbox: Core Skills that Boost Your Ability to Bounce Back

"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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