

A woman with blonde hair, wearing a white t-shirt and dark blue jeans, stands in front of a dense, vertical garden wall. The wall is covered in various green plants, including ferns and small white flowers. The woman is smiling and looking slightly to her right.

SPEAKING PACKAGES

Option 1. Presentation

Sarah aims straight for the heart in a powerful conversational style presentation ensuring that your attendees receive a love-filled dose of inspiration and motivation.

Best suited to groups of 40-60 people.

Throughout the course of the session, you can expect the attendees to be taken on a guided journey through your chosen topic to inspire growth, expansion and clarity.

Choose your topic.

Inclusions;

- Maximum of 60 attendees
- 1.5 hours of incredible content

Option to add workbooks for each attendee at an extra cost.

Travel and accommodation may be at an extra cost.



Option 2. Workshop

Workshops are the sweet spot between education, and self-empowerment, and a personal favourite of Sarahs.

Your attendees will be guided through deep transformation with insightful information, tangible takeaways and feel-good vibes.

Based on key areas that are incredibly relevant to women right now, I'm certain the women in your community will have experienced some, if not all of the problem areas addressed across the topics below.

These workshops are a fantastic opportunity for growth as a community, building deeper, more genuine connections.

Choose your topic.

Inclusions:

- Maximum for 30 attendees
- Workbook for each attendee
- 2.5 hours of incredible content

Travel and accommodation may be at an extra cost.



Option 3. *Your Event Your Way*

You've got something special in mind, an event being planned or an idea circling, and you want the right speaker to craft something for you.

Based on your requirements I will create a presentation, workshop or keynote talk suited perfectly to your event.

My expertise lies in;

- Comparison, perfectionism, and jealousy (can be spoken about together or on their own)
- Social media as a source of comparison
- Self-love
- Rising above turmoil and finding love for yourself again
- Sacred rituals
- Career vs Purpose
- The secret to happiness

Each of these topics provides room for expansion, depending on your requirements.

I'd be happy to provide a quote based on your ideas and requirements.