

SARAH BOND

CERTIFIED LIFE COACH

EDUCATION & CERTIFICATIONS

- PCC Credential, International Coach Federation
- M.A. Urban Community Development, Eastern University
- B.A. Psychology, Simpson University

PROFESSIONAL EXPERIENCE

- Case Supervisor, CASA Sacramento
- Behavioral Health Coach, AbleTo
- Professor of Nonprofit Leadership, William Jessup University
- Co-Founder and Coach, Voice of Courage
- Director of Community Education, 3Strands Global, Inc.

CONTACT SARAH

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COACH PROFILE

In each session, Sarah invites you into a creative and strategic awareness-raising process. She will equip you to understand resistance, face fears, navigate leadership challenges, increase mindfulness, inspire a powerful vision for the future, and take strategic steps towards transformation for you and those you influence. Sarah is a wife, mother, singer, and community organizer.

Working with you to...

- strategize transitions & career paths
- launch courageous business plans
- overcome your inner critic
- tap into deep levels of self-discovery & transformation
- find your most clear, empowered voice

If you've ever felt a desire to do something important or be someone influential; if you've had a dream big or small but feel like you don't know how to start the journey, you need to call Sarah. She is so talented at motivating and teaming up with you to find doable steps toward achieving your goals. Working with Sarah, I experienced quite an unexpected break through that led me to steps in my career journey that I would have never considered. Instead of moving forward being unsure and hesitant, I stepped into my next job with complete confidence that it was the right choice for me and with a clear plan for achieving my goals.

-Cheryl, Coaching Client

