Sarah Plummer Taylor, MSW

Sarah has a uniquely optimistic and courageous approach to living. She will have you laughing some, crying some, and thinking some. Her journey to overcoming some of the toughest obstacles you can imagine will inspire, shock, challenge, and charm you.

MJ CLARK
Leadership Consultant, Integrated Leadership Systems

Are you craving an inspired workshop for your organization, team, or business? Let resilience coach, Sarah Plummer Taylor, MSW, equip your tribe with tools to integrate wellness into every area of their lives, and discover how to build resilience, joy, and sustainable health.

About the workshop: The SEMPER Strategy for Optimal Wellness

How might we thrive in the midst of personal battles? How do we find happiness after hardship?

Using research, humor, compassion, and boldness, Sarah will share the techniques that helped her survive and thrive in actual combat zones and beyond.

Workshop participants will enjoy a lively, memorable, and thought-provoking environment in which to learn important lessons about how to cultivate health and build resilience. They'll discover the impact good mental, physical, spiritual, and emotional health has on leadership, success, decision-making, and relationships.

With more time, Sarah will guide you on a journey to discovering your capacity to create sustainable wellness and the happy lifestyle you desire. Elaborating on the principles in her book, *Just Roll With It: 7 Battle Tested Truths for Building a Resilient Life,* Sarah will give participants tools that can be used immediately, as well as over time, to build a better life.

Workshop includes:

- Assessments
- Evidence-based wellness strategies
- Helpful handouts for mindful living
- Thought-provoking exercises
- Guided breathwork
- Case studies

Book Sarah

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The New York Times · katie · npr · VANITY FAIR · NBC · marie claire · THE HUFFINGTON POST

The things I learned during Sarah's wonderfully-orchestrated workshop permeated all areas of my life: personal, professional, and spiritual. I cannot more highly recommend her events. Make the investment; it's worth it.

Dallas Pore
Owner, Dallas Pore Photography

When I first discovered Sarah, I knew I had stumbled upon a kindred spirit and the one to be the keynote speaker to inspire the small town of Meridian, MS. She has the story, the salt, and the sheer influence to raise people up.

Karin Roberts
Event Planner, Go Green Meridian