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

Sarah Plummer Taylor, MSW, is a dynamic, bold, and humorous presenter who speaks about how mindful choices impact our ability to lead, our capacity to thrive, and our ability to connect. From Capitol Hill to mainstream media to corporate and military communities, Sarah's unique message of resilience has been changing lives since 2012.

About the keynote: Align and Shine in Battle and Beyond

During times of intense stress and trauma we can easily lose sight of what matters most, compounding our suffering. In this unforgettable keynote speech, Sarah Plummer Taylor uses her personal story of overcoming great odds as a U.S. Marine officer, five-time military Olympian, and survivor of service-related trauma to illustrate how mindfully choosing an investment in wellness and self-care can result in healthier relationships, deeper satisfaction, and greater confidence to face present and future challenges.

About the keynote: Revive and Restore

With the endless churn of everyday stress, creating health in our bodies, relationships, spirits, and minds can seem overwhelming. In this engaging keynote, Sarah Plummer Taylor draws on evidenced-based principles to unlock three simple strategies we can use to begin cultivating wellness today. Learn the value of self-care, social support, and spiritual practice. Be inspired to take compassionate action on your own behalf as Sarah demystifies what it takes to renew, revive, and restore the tired, stressed, or broken parts of your life.

Topics

- Resilience
- Overcoming Adversity
- Peak Performance
- Mental Health
- Sexual Assault Response & Prevention
- Yoga & Meditation
- Holistic Self Care
- Wellness & Work-Life Balance
- Leadership
- Women in Business
- Veteran Issues

Audiences

- Corporate
- Public Health & Social Work Professionals
- Yoga Professionals
- Continuing Education
- Veteran Groups
- College & High School
- Entrepreneurs

Sarah speaks from the heart, and touches the hearts of those who listen. She provides a unique perspective of hope, service, and resilience that is not only inspirational, but relevant to the struggles and joys of everyday life.

Nan Posten
Engagement Coordinator, Xcel Energy

Sarah was an absolute pleasure to work with from start to finish. Our entire team appreciated the level of preparation and energy that went into making her talk just right for our audience. Her positive direction and powerful story resonated with the audience, not just because she is a female veteran, but because she is a female veteran who understands what it takes to overcome one's biggest obstacles.

Meghan Conroy Florkowski
Program Manager, V-WISE

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

Book Sarah
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