

# Sarah

NANNEN

## Grief & Life Coach

Author · Teacher · Podcast Host



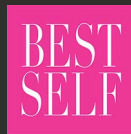
Click the photos to download high res images of Sarah.

Sarah Nannen speaks to a variety of audiences, offering a personal take on navigating the moments in life that bring us to our knees. She's been interviewed on live television, radio, and podcasts and speaks with groups both large and small. A podcast host herself, Sarah thrives in a live interview setting and generously offers her experience and expertise in a vulnerably accessible and approachable way with humor, wisdom, and wit. Sarah offers a proactive and renegade approach to healing that is both inspiring and actionable.

## Sarah is available to speak on a range of topics, including:

- Hope and healing
- Grief
- Trauma and resilience
- Leadership through adversity
- Mindfulness
- Well-being as a lifestyle practice

### As Seen In



## Connect with Sarah + Follow along:

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