



SARA SCHULTING KRANZ

Live goldly



TEACHER • RETREAT ORGANIZER • WILDERNESS GUIDE • KEYNOTE SPEAKER • AUTHOR

SHORT BIO

Hi, I'm Sara Schulting Kranz ..

I'm a proud mom to 3 wonderful young men, a business owner, a mountain and ocean adventurer, an artist, and a former teacher. At my core, I am not much different than any of you. What and who I have become is a resilient woman and person, who survived and thrived from multiple traumas, now finding herself in this space. And this is exactly where I was meant to be.

Nearly nine years ago, I was at the lowest point in my life. Suffering from relational and betrayal trauma and complex-PTSD, I was debilitated by the unknown as my marriage and life collapsed, living as a single mom. Emotionally, mentally, spiritually, and physically unraveling, I found myself at a precipice: I could lose my life through all of this, or find a new me. My resilient self chose the latter.

I made a point everyday of getting outside, navigating through anger, pain, and grief while hiking 14,000 ft mountains and paddling 4-miles out to sea with whales and dolphins. I somatically healed my heart, mind, and body through nature while practicing the art of resiliency and forgiveness. As a result, I began finding that new me. A version of me with a larger smile, a longer laugh, and a love for her present life. The gift of my trauma was finding my most important relationship: the one within myself.

My trauma became my purpose: to help others embrace their resiliency. Using those experiences and understanding my purpose, I became a keynote speaker, author, TEDx speaker, retreat organizer/facilitator for transformational experiences.

Using a workable 3-part system, I guide individuals and teams to move from victim - survivor - thriver. In life. At work. In business.

You could say I'm an "artistic visionary who creates through a lens of pushing the needle forward, regardless of naysayers or fear." Through my own fool-proof and simple techniques, I teach actionable steps to become more resilient, and to use resiliency as the foundation for living authentically.

Our world continues to go through crises, with no end in sight. I want this practice of overcoming and thriving to be available for everyone. For you. For your family. For your friends. Your colleagues. Because, the stronger and more resilient the parts, the greater and more resilient as a whole.



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LONG BIO

Sara Schulting Kranz has secretly blazed her trail in resiliency for over 31-years. Having experienced overwhelming devastation and pain from a young age, she kept her emotions and traumas hidden. When her will to live was tested, her resilience kept her walking. From sexual assault at 17 years of age, to the demise of her marriage at age 40, caused by her former husbands double life, **Sara began publicly speaking her truth in 2015 when asked to share her secret in resiliency.**

At 49 years of age, Sara has built a successful business in an unprecedented way. You could say she's an "artistic visionary who creates through a lens of pushing the needle forward, regardless of naysayers or fear." Through her own fool-proof and simple techniques, she teaches actionable steps to become more resilient, and to use resiliency as the foundation for living authentically.

We all walk through suffering at some point in our life. Add all that we've experienced collectively over the last few years, on top of our personal challenges, and it hasn't been easy. **Remember: it's what we learn from our darkest moments that guides us to create a brighter, more resilient future.** According to a Forbes 2021 study, 45% of respondents say they feel "less mentally-healthy" than they did pre-pandemic. Mental Health America's (MHA) Mind the Workplace 2021 Report shows that 9 in 10 employees find their workplace stress affects their mental health. 4 in 5 employees feel emotionally drained from their work, an early sign of burnout. And 56% of employees spend time looking for a new position, compared to 40% of employees in 2018.

Community and connection is more important than ever. Why? Because for many, this feeling of isolation has not gone away. Isolation increases the risk of mental health issues such as depression, anxiety, substance abuse, and physical ailments. Our personal life is impacted, creating issues in relationships, our work, and in our everyday choices. **Resilience is found when we decide that we are more than our fear of being seen or heard. We are more than our stress, pain, anxiety, or feelings of overwhelm.**

This is where Sara steps in.

Resilience and motivation to move forward.. This is Sara's jam space and what she practices every day in her own life. Sara brings to the stage her gift of seeing everyone as human, and her ability to stand with everyone as a friend. She leverages her experience as a teacher, stay-at-home mom, basketball coach, volunteer, author, thought leader, wilderness guide, and "forever visionary" in order to inspire your audience, and empower them with tools to blaze their own path in resilience.

Using personal experience, storytelling, and research, Sara makes sure every keynote speech, workshop, and retreat is customized for your organization in a way that delivers on your goals, intentions, and the transformation you desire. Together, we decipher what specific challenges you are experiencing, and with the expertise and guidance of Sara and her team, we create a powerful, action packed experience that delivers beyond the time we have together. Sara shows up to create impact in everything she does. Because it has always been, and will always be Sara's belief that time is our greatest, most valuable asset.

Let's not waste another moment. Ready to partner? **[We'd love to hear from you.](#)**

