



SARA SCHULTING KRANZ

Keynote Speaker, Expert in Making Bold Moves™ Happen, Extreme Ocean and Mountain Adventurer, Live Boldly with Sara Podcast Host, Best-Selling Author of Walk Through This: Harness the Healing Power of Nature and Travel the Road to Forgiveness, Sought-After Retreat Organizer, Single Mom of Three Sons

Make Bold Moves™

When fear is not our focus, we *rise* above the fray, and *soar* to where anything is possible.

SHORT BIO

Sara began her thought-leadership in *making bold moves* when she hit rock bottom, facing complex PTSD and trauma, in 2013. During this pivotal time, she found that ***change is constant, but few really know how to bravely navigate and lean into the gifts that come with change.*** Sara chose to navigate through her anger, grief, and mental well-being while climbing and route-finding 14,000 ft mountains, and paddling 4-miles out to sea with whales and dolphins.

Through her 32-years of diving into personal development, research, mental and emotional resilience, and healing, Sara has distilled 5-key components to making bold moves in the board room, within organizations, in teams, and at home. She has modeled and taught these 5-components to thousands of people, from teenagers, to athletes, and executives of Fortune 500 companies. She has been interviewed on Nationally Syndicated TV, The Dr's, and has shared her story across news stations in New York, California, and Arizona, to name a few. Her work and book has been featured in print across the world. When not on stage or in workshops, Sara teaches how to Make Bold Moves™ when guiding clients through hiking, kayaking, and coaching retreats in the Grand Canyon, Alaska, and Colorado.



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LONG BIO

Sara Schulting Kranz is an expert in Making Bold Moves™ happen. From teacher and stay-at-home mom, to keynote speaker, extreme adventurer, podcast host, sought-after retreat organizer, best-selling author, and single mom of three sons, Sara began her thought-leadership in *making bold moves* when she hit rock bottom, facing C-PTSD and trauma, in 2013. During this pivotal time, she found that ***change is constant, but few really know how to bravely navigate and lean into the gifts that come with change.***

Sara looked fear, adversity, and her changing life in the eye. She chose to navigate through her anger, grief, and mental well-being while climbing and route-finding 14,000 ft mountains, and paddling 4-miles out to sea with whales and dolphins.

What happened? Sara became the visionary, leader, and woman who stands before you.

Sara has mastered how to use our difficult experiences to tap into our greatest strengths. Recognizing that we all climb mountains in life and business, Sara's brilliance lies in helping people and organizations focus on their true north, and blaze trails in collaboration, innovation, and growth mindset. When forging through resistance that comes with the gift of change, we develop a deeper sense of belonging, connection, and meaning--to who we are, how we work, and how we live.

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Born and raised in a small farming village in Wisconsin, Sara now resides in California raising her sons. Her biggest commitment in life is supporting her sons dreams, watching them play water polo at USC-University of Southern California and basketball in high school.

Why Sara Schulting Kranz?

Unmatched Energy: Sara's "girl next door" grounded-ness and "extreme adventure" energy makes Sara relatable to all audiences. Her passion for this topic radiates through her exciting stories, wisdom, teachings, and breathtaking visuals.

Relatable Story: Sara's gift lies in how she shares her story. When making it ok to honor what hard moments we have walked through, we give ourselves permission to step into our greatest strengths.

Unique Blend: Sara has lived through extreme environments, both in the wild, and in her life. She's no stranger to high tense situations, and therefore, has learned to bring humor, wit, and calmness in order to ease anxiety. From holding boundaries with her sons, while pushing boundaries in her work, Sara brings a unique blend to who she is, and how she operates.

Knowledge and Expertise: With 32-years of experience, Sara merges both her personal and professional knowledge into customized talks with messaging that resonates with everyone. Her audience leaves feeling inspired and motivated to make bold moves, and create actionable results at work, and in their home.