



SPEAKING TOPIC

Make Bold Moves™

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

We are in a new era of change. This comes with a need to **boldly navigate** our uncharted territory—without losing who we are, and what we stand for—in the process. We recognize that in this precipice time of technology shifts, organizational changes, changes in strategy, and relationships, both personal and professional, change is oftentimes met with reluctance. It's inevitable, and this can be paralyzing. This is where Sara's knowledge and expertise comes in.

Sara Schulting Kranz guides you through her proven 5-key components to **making bold moves** when faced with uncharted and unexplored territory. Through Sara's charismatic storytelling and a backdrop of inspiring images from her most challenging mountain climbs in the United States, she educates and empowers audiences to embrace every changing environment, while boldly making moves to rise and thrive in turbulent times.

The 5-key components to **Make Bold Moves™** are distilled into actionable steps that guide us from uncertainty and doubt, to unwavering power and resilience. Leaders become more engaged with the world around them, and motivated to thrive. The Make Bold Moves framework leaves us feeling more connected with one another, knowing that we all belong in this changing world.

The audience will leave with:

- A necessary framework to make actionable, focused bold moves for positive, healthy, results-driven change.
- Strategies for working through resistance and seeing unwavering possibilities.
- Lessons on how to commit deeply for what is most important.
- Effective leadership tools for creating connection, understanding, and belonging.

Who is perfect for this keynote:

- Executives and organizations responsible for inspiring and empowering individuals and teams to be adaptable and resilient through change.
- Human resources and leaders responsible for bringing whole-human wellness and a sense of belonging to the workplace.
- Conference organizers and event planners looking for an authentic, vulnerable speaker who shares her difficult and adventurous story with laughter, wit, and strength.
- Organizations destined to learn from a small-town-girl turned business woman, keynote speaker, best-selling author, and extreme adventurer who “walks her talk,” because she believes and lives in what she speaks about.