



# Sarah Hines

LEADERSHIP · WELLBEING · HUMAN EXPERIENCE

Sarah Hines has spent more than twenty years working at the intersection of leadership, wellbeing, human behaviour, and complex life experiences. She brings a practical, deeply human perspective to every room, challenging audiences to think differently while leaving them with tools they can use long after the event ends.

## AVAILABLE FOR

Conference keynotes · Leadership events · Workshops · Team retreats · Panel discussions · One on one support · Virtual · Half & full day · Media & interviews

## SPEAKING TOPICS

01

### Holding shape in a shifting world

Navigating uncertainty, pressure, and change without losing ourselves in the process

02

### Compassionate leadership with healthy boundaries

Building cultures of support while maintaining the boundaries that allow leaders to keep showing up

03

### Beyond the summit

We spend so much time climbing that we rarely prepare for what comes after. Exploring identity, purpose, and how to find meaning on the other side of the big achievement

04

### Transitions and legacy

How the transitions we navigate shape the legacies we leave, and how to move through change with intention and purpose

*"Create trust not therapy is going to be my mantra for the next year. Thank you for not only being brave enough to talk about this, but gifting us actionability."*

GTACC CONFERENCE · 2025

*"Something just clicked everything into place. I am working through some big changes and seeing it through this lens makes it so much clearer than ever before. Thank you."*

CAMH · 2023

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