



THE COURAGEOUS PEOPLE REVIVER

MYTHBUSTER: HEALTH PROFESSIONALS ARE NOT SUPER HEROES

Do you need an opening or closing keynote for your health conference? As a Registered Nurse, Sarah has the ability to connect with health professionals and create a warm and vibrant atmosphere.

Sarah demonstrates how to identify burnout and moral injury and provides strategies on how your workforce can overcome it by cultivating a culture of COURAGE.

Burnout is a result of excessive and prolonged emotional, physical and mental stress or uncertainty. It can happen when you're overwhelmed, emotionally drained, and unable to keep up with life's relentless demands.

Moral injury occurs when health professionals find themselves in situations where they feel they cannot live up to their own values, or where their teams are not meeting the high standards of care they want to deliver, and results in deep distress.

Through the use of humour and masterful storytelling, Sarah inspires her audience to connect with each other, and find healing from moral injury by creating human connection.

Think of it like CPR for your team!

REVIVE. SURVIVE. THRIVE



“I’ve been to many conferences, but have never seen anything like you. Most conferences take at least the first day for attendees to get into the swing of things - but you cracked it wide open, inviting everyone to dance, be kind and laugh right from the word go. You have a gift and a talent that was a privilege to see.”

- Caroline, Event Photographer



BOOK SARAH:

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