



Sarah Karnes

*Guide, mentor, enthusiastic leader
of women in the midst of life
changes.*



With 25 years of experience in personal transformation, Sarah Karnes helps her clients powerfully and compassionately realize their Life Mission so they can move forward with more joy, vitality, and clarity. When health/relationship challenges were starting to take her family down, this former “shy girl” got very clear that there would be a kinder, happier and healthier way through. In discovering effective approaches to addressing nourishment and vitality, she also found that there is a more compassionate and energy-wise way to navigate life.

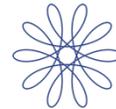
Sarah is the creator of the Skillful Self Care and Your Self as Your Friend series. She mentors clients in navigating changes and reclaiming their energy, so they can thrive in who they are becoming. As Midwest Coordinator with The Way of the Heart, she offers practical transformation, inspiration, and a way to dissolve limiting beliefs/attitudes.

Sarah’s current focus is mentoring women in the midst of midlife changes. From hormone & mood swings to clarity about new priorities in career and relationships, Sarah helps alleviate the turbulence of midlife and increase confidence.

What’s so exciting (or scary!) about CHANGES?

Ready to commit to changes you want and choose to make? Are you resisting changes you know are inevitable?

Sarah walks you through the ups and downs that are normal when changes happen. Whether the change is internally or externally driven, you can come out the other side with more joy, energy and confidence! Sarah’s expertise is helping you find your optimal way to move through changes fruitfully, remembering you do have what it takes.



In this 1-hour talk, Sarah will share her personal story, and those of her clients, who have crawled out of struggling with the messiness of changes, enabling them to discover their resilient authentic self. And if that’s not enough, Sarah will make sure your audience leaves feeling re-energized to . . .

- ◆ Let go of the old you (because it’s not who you are anymore — there’s a new you ready to come out!)
- ◆ The #1 tool for moving forward
- ◆ How the brain affects most of these issues, and what you can do about it



Contact Sarah today!

262-745-8362

www.sarahdkarnes.com

