



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.

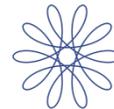
Sarah is the creator of the Skillful Self Care and Your Self as Your Friend series. She mentors clients in navigating changes and reclaiming their energy, so they can thrive in who they are becoming. As Midwest Coordinator with The Way of the Heart, she offers practical transformation, inspiration, and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

Where’s the **PAUSE** in Your Menopause?

(It's called that for a reason!)

Are you ready to start taking care of yourself as well as you take care of others in your life? And do you even know what that looks like? As women, we might find ourselves fighting to “age gracefully” — but what does that even mean? So many questions, and even way more answers! Sarah, a mentor, navigator, and enthusiastic leader of women in the midst of life changes, wants to help you get where you’re going — with grace, confidence, and authenticity.



In this 1-hour talk, Sarah will share her personal story, and those of her clients, who have crawled out of the struggle of constant fatigue, memory loss, and the messiness of life to discover their true, authentic self. And if that’s not enough, Sarah will make sure your audience leaves feeling re-energized to . . .

- ◆ Finally get rid of the old you (because, let’s face it, she’s obsolete!)
- ◆ 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

