



Sara Ross is on a mission to help organizations and their leaders reignite a sense of aliveness to reshape their work and refuel their life. She and her company do this by using brain science-based strategies to teach people how to amplify their vitality by strengthening their emotional intelligence, resilience, and well-being. As a recognized leadership expert, Sara's ideas and research have earned her a reputation as a fresh and thought-provoking voice in discussions focused on the future of work. As such, Sara is called on to work with clients such as Microsoft, PepsiCo., Cisco, Wells Fargo, T-Mobile, Rogers, Bell, Allstate, United Health, Fidelity, BMO, Stanford University, and as diversely as the U.S. Navy SEALs, among others. In addition, Sara has worked with numerous government agencies, foundations, and associations as well as guest lecturing in the executive leadership program at Smith College. This broad perspective and diverse experience help explain why Sara is called on to work with some of the most senior, technically sophisticated, and skeptical audiences. You can count on Sara to bring her trademark energy with the integration of relevant, cutting-edge science, relatable stories and idea's guaranteed to challenge the status quo, provide new insights and inspiration, and most importantly, leave audiences with a blueprint of actionable strategies. Before founding BrainAmped, Sara spent a decade immersed in the neuroscience of Emotional Intelligence and Performance at a leadership development company where she served as their Vice President and Global Head of Leadership Innovation, Research and Education. As head of faculty, Sara and her team led the development and delivery of award-winning leadership programs, a...

Testimonials

□ Sara Ross delivered a relevant and timely presentation to over 100 district leaders for Region 10 ESC. Her energy, passion, and knowledge created a safe environment for participants to reflect and learn. During such uncertain times, Sara was a true hero in making very stressed district leaders feel validated. □

- Region 10 ESC.

□ Within the hour Sara made us laugh, reflect and stirred a deep emotion that won't be forgotten anytime soon. Sara's insights were the thread that connected the rest of the conference, it was amazing. □

- Women in Engineering Conference.

Sara Ross

Speech Topics

- Women in Business
- Virtual Keynotes
- Resilience
- Personal Growth
- Peak Performance
- Organizational Skills

