



Sarah Cantrella will motivate and inspire your audience by sharing her powerful personal story of survival, determination, and hustle combined with the empowering tools she used to overcome adversity and achieve success. Sarah's journey has taken her from a single mom of three living on food stamps in 2008 after her husband left, to a best-selling author, TV personality, celebrity life coach, and international speaker. She's turned tragedy into triumph going from poverty to taking her children to seven countries, hosting international retreats, and helping her son manifest his dream of playing football for the University of Oregon.

Sarah's unique and inspiring story, mixed with her energetic, "real and raw" delivery style, and her proven tools for success makes her keynotes, workshops, and talks a truly unforgettable experience for your audience. She believes in empowering your audience with tools (books, workbooks, online coaching resources) to take what they learn from her on stage and incorporate it into their lives to get results.

As a speaker she has shared the stage with Ed Mylett, Alex Rodriguez, Sheri Salata, Joan Lunden, Lori Harder, Bravo's Dianne Valentine, the cast of WAGS on E! and many others.

Sarah Cantrella

Speech Topics

- Overcoming Adversity
- Futurist
- Female Motivational
- Coaching / Mentoring
- Change

[Sarah Cantrella getting a crazy welcome at Speaking event](#)