

Sara Ross – Introduction 2020



Our speaker today is Sara Ross.

Sara is the founder and Chief Vitality Officer at the research and coaching firm, BrainAMPED.

Her company helps organizations and their people increase their Leadership Vitality with science-based strategies focused on energy management, emotional intelligence, and resilience.

Based on this work, Sara was recently added to Arianna Huffington's 'Changemaker List' as a leader helping to redefine how people succeed at work and thrive in life.

Sara has worked with companies such as Microsoft, Starbucks, Wells Fargo, Sprint, as well as the U.S. Navy SEALs, and the leadership team for the NBA's Orlando Magic.

Please join me in welcoming Sara as she decodes the science of leadership.