



Helping success-driven individuals identify the REAL cause of their stress, get healthy, and create a life they truly desire.

Sara's dynamic talks have been delivered to thousands of people, allowing them to transform and leverage their stress. Her audience is able to look at their undesirable current results, health and happiness and see the root cause of this being not circumstances; but rather resistance of something very important. In her talks, Sara not only provides inspiration but also tactical methods to ensure you have tools to take into your everyday life as well as putting "stress" into a completely new context in which it can be leveraged.

### STRESS MASTERY: From Feeling Stuck to Feeling Free

This powerful talk is designed for true leadership development, at work and in your own life. Sara shifts the paradigm and meaning of stress so that you can learn to use stress as a lens to see your current reality and the true cost of resisting changes you really desire. Sara shares her story of how she was able to cure herself of serious health conditions as well as teaches how to "Be good at Stress" to increase your confidence, stop procrastinating and truly step out into bigger opportunities, inspiring courage, passion and fulfilling relationships.

*"This class provided me with an abundance of tools, resources, ideas, beliefs, and techniques that promote a healthy life and new motivation for personal growth!" ~Amy C.*

## Available for:



**KEYNOTES** Talks designed to educate, inspire and impact your audience.



**WORKSHOPS** Interactive corporate group programs designed for leadership and team development.



**STAFF RETREATS** Take your team into a new setting to inspire innovation, connection and communication.

## About Sara Regester, RN, BSN, NBC-HWC Certified Health Coach & Speaker

With three decades as an RN, 27 years of them at St. Joseph's Hospital in Phoenix, Arizona, Sara shares her story of studying the direct correlation between her patient's emotional well being, and their physical afflictions as well as her own. Through her study of this holistic mind/body/spirit work she was able to heal herself of asthma, thyroid issues and environmental allergies and shares the powerful connection between well-being and our resistance to what is, and the life we desire.

Learn more: [Directions4Wellness.com](http://Directions4Wellness.com)

Contact Sara to have her speak at your next event:

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