

Sara Mueller Speaker Bios

50-75-100-150-200-Word

200-word

Sara Mueller believes we *can* have it all. As an emotional intelligence expert, she helps leaders increase impact, retention, and resilience (at work + home) through hands-on sessions that stay in the hearts and minds of your audience long after your event is over.

Sara was forced into her own emotional intelligence and resilience journey after hitting rock bottom in her marriage and burnout in her career, so she speaks with confident humility that audiences of all backgrounds easily connect with.

Sara complimented her hard-won wisdom by pursuing Harvard University's Certificate of Leadership Excellence (with an emphasis on emotional intelligence), FSU's Professional Certificate in Trauma and Resilience, and the Conscious Coaching Institute's Certified Coach designation, among other credentials.

Sara is a subject matter expert on mental well-being for Florida's State Health Improvement Plan, an Executive Contributor on leadership for *Brainz Magazine*, and was awarded the Global 500 Award for her dedication to helping others.

Prior to founding Joy Discovered Leadership Development, Sara spent nearly two decades developing training programs for Fortune Global 500 executives and teaching mindfulness to a diverse group of clients from the NFL Combine to behavioral health centers.

150-word

Sara Mueller is an emotional intelligence expert who helps leaders increase impact, retention, and resilience (at work + home).

Sara was forced into her own emotional intelligence journey after hitting rock bottom in her marriage and burnout in her career, so she speaks with confident humility that all audiences easily connect to. She complimented her hard-won wisdom by pursuing Harvard University's Certificate of Leadership Excellence (with an emphasis on emotional intelligence), FSU's Professional Certificate in Resilience, and the Conscious Coaching Institute's Certified Coach designation, among other credentials.

Sara is a mental wellbeing subject matter expert for Florida's State Health Improvement Plan and an executive contributor on leadership for *Brainz Magazine* where she won the 2021 Global 500 Award.

Before founding Joy Discovered Leadership Development in 2017, Sara produced Fortune Global 500 training programs for over 15 years and taught mindfulness to a diverse group of clients from the NFL Combine to behavioral health centers.

100-word

Sara Mueller is an emotional intelligence expert who helps leaders increase impact, retention, and resilience (at work + home).

Sara underwent her own emotional intelligence journey after hitting rock bottom in her marriage and career. She complimented her hard-won wisdom by pursuing Harvard University's Certificate of Leadership Excellence, FSU's Professional Certificate in Resilience, and a Certified Coach designation. Sara's a Subject Matter Expert on mental well-being for Florida's State Health Improvement Plan and an Executive Contributor on Leadership for *Brainz Magazine*.

Before founding Joy Discovered, Sara spent nearly two decades teaching mindfulness and developing training programs for Fortune Global 500 executives.

75-word

As a Harvard-trained emotional intelligence expert, Sara Mueller helps leaders increase impact, retention, and resilience through hands-on sessions that stay in the hearts and minds of your audience long after your event is over. Forced into her own emotional intelligence journey after being burnt out in her career and hitting rock bottom in her marriage, Sara speaks with a confident humility that audiences of all backgrounds and experience easily connect with.

50-word

As a Harvard-trained emotional intelligence expert, Sara Mueller helps leaders increase impact, retention, and resilience through hands-on sessions your audience won't forget. Forced into her own emotional intelligence journey after hitting rock bottom in her marriage and career, Sara speaks with a confident humility all audiences connect with.