Sarah Gleeson

Keynote Speaker on Overcoming Fear and Self-Doubt



Sarah Gleeson is an author, coach, and keynote speaker on overcoming fear and self-doubt. For more than 25 years, she has helped people move past what holds them back, first as a mentor in professional sales, through her mindset coaching practice, and now as an author and speaker. Her talks give organizations a practical way to bring out the best in their people.

SIGNATURE TOPICS

- ✓ Overcoming Fear and Self-Doubt
- ✓ Navigating Change and Uncertainty
- ✓ Perfectionish and Overthinking
- ✓ Rebuilding After Setbacks
- ✓ Growing Into New Roles
- ✓ Psychological Safety in the Workplace

AS SEEN IN

The Measurable Difference · Addicted 2 Success · sheownsit · Entrepreneur · Thrive Global

Keynotes and workshops that help audiences stop holding back & rise to their full potential

SIGNATURE TALKS

Why Change Stalls, and How to Get Your Team Moving Together

Helping teams work through the different ways people react to change, so progress doesn't stall and friction doesn't build.

Why Your Best People Stay Quiet, and How to Bring Their Ideas Forward

Uncovering why talented people hold back, so your organization makes better decisions and keeps its best people.

FORMATS & AVAILABILITY

🎤 30- or 60-minute keynotes and half-day or full-day workshops

📢 Available in person and virtually

WHAT YOUR AUDIENCE GETS

- The real reason they hold back, and why it isn't skill
- The pattern keeping them stuck, and how to break it
- Practical tools to use in their very next meeting
- A stronger team that shares ideas and adapts to change

CONTACT DETAILS

Book Sarah for your next event

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