

SARA SCHAEFFER

Speaker & Mindset Coach | Founder of *Team Positive™*

Positivity isn't a personality trait. It's a practice.

I'm Sara—a former healthcare exec and championship boxer who rebuilt her life after losing everything in a flood. Now, I help high-performing leaders do the same—reclaim their energy, reset their mindset, and rise stronger with my **Practice Your Positive** framework. This work isn't about toxic positivity or doing more. It's about doing different—so you can lead with clarity, live with joy, and build a lighter, brighter life—with just a little practice.



"I walked in drained, and left feeling clearer, lighter, and genuinely recharged.
Her energy is infectious- in the best way." -Positivity Party Attendee

What I offer:

- High Energy Keynotes & Speaking
- Bespoke Transformative Events
- Team Positive™ Activities & Playbooks
- Leading Change with Positivity Course
- Cohort & 1:1 Executive Coaching

LET'S CONNECT



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Practice daily. Lead boldly. Live fully.