



Prepared for: Rachel Olson, WWBA

By: Sarah Brabbs, M.A., Optimizing Relationships

Event Date: April 19th, 2018

Session Title: Sticky Situations: Surviving Conflict, Change, & Challenging People™

Session Description: We as human beings have varying beliefs, personalities, baggage, issues, weaknesses, skills, and experiences – and much more. Because of these, there is a lot we don't know we don't know. Join Sarah Brabbs at a life-changing presentation, where you'll learn and apply new mindsets and skills related to conflict, change, and challenging people. The work you do and what you learn will help make your life and the lives of those around you better.

Speaker Bio

Sarah Brabbs, M.A. author of “So People Say You’re an Asshole: A Book for You, People Who Love You, and People Who Work with You” spends her time training, speaking, and inspiring people to proactively improve their communication skills, experience immediate impactful change, and enjoy deeper, more meaningful and productive relationships both at work and at home.

She has been referred to as a “catalyst for change.” Jody Heath, a Vice President at Manpower in Ann Arbor, says this about Sarah: "I enjoyed the presentation so much that I attended it a second time to reinforce what I learned."

Sarah is a professional speaker who works with the business community as well as individuals. She received her Master’s in Communication from Eastern Michigan University and is a Gottman Institute Educator. Sarah has spoken at meetings and conferences around the US and has worked with the financial industry, first responders, construction, nonprofits, healthcare, manufacturing, and tech companies. Prior to speaking and training she worked in sales, marketing, accounting, and with nonprofits.

Sarah left a normal work day behind because she strongly believes that if everyone knew more about how to improve their communication skills, our workplaces and lives would be much better. A more detailed description of what she does can be found at optimizingrelationships.com. Her book is available on Amazon and at events.

Other

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BOOKS at events, Amazon, & special orders --> optimizingrelationships@gmail.com