

Sandra Possing

LIFE COACH | SPEAKER | ENTREPRENEUR



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About Sandra

REBEL | EMPATH | CHANGEMAKER

Sandra is a life coach, speaker, entrepreneur, and digital nomad. She was born in Sweden, raised in LA, and is based in the San Francisco Bay Area when she's not traveling the world with her husband and running her business from her laptop.

As a shy and quiet kid growing up - who was often self-conscious about being so sensitive - but also a high achiever with big dreams, Sandra understands the challenge of trying to get ahead in a loud and fast-moving world.

She is committed to inspiring, empowering, and lifting up the introverts, empaths, and other sensitive types who know they're meant to be, do, and have more. Sandra's journey of overcoming people-pleasing, perfectionism, and self-doubt, coupled with her lifelong passion for personal development, years of empowering folks through fitness, and a decade of coaching and mentoring hundreds through her private practice make her uniquely qualified to be the go-to life and empowerment coach for high achieving introverts and empaths.



Currently Booking

PODCASTS

Sandra is the perfect coach and expert for your motivated, growth-oriented listeners. Especially for the introverts and empaths in your audience. Her warmth and grounded energy shine through as she answers questions with unapologetic truth and vulnerability. She is sassy, fierce, and tells compelling personal stories while weaving in simple, powerful takeaways for the listener to walk away with.

SPEAKING EVENTS

Make the introduction, then leave the stage in Sandra's hands. Equal parts casual and electric in front of a live audience, she fills the space with inspiration and laughter, all the while compelling participants to lean in and engage with her interactive speaking style. Crowd members will walk away feeling more connected to themselves and each other, and with tips and tools they can implement immediately. Book Sandra as your next Keynote to both empower and entertain your crowd.

WRITING

Frequently compared to Jen Sincero by readers, Sandra's signature no BS style is the loving smack down your audience needs. In stark contrast to the cheesy greeting card tone in the self help space, Sandra's articles call you out and forth. Combining enthusiastic snark and humor with real and raw truth telling, her words will wake your readers up to their own potential and leave them grateful for the asskicking. Reach out to Sandra for a guest article contribution if your readers are ready for a fresh new voice in self improvement.

Speaking Topics

KEYNOTE | WORKSHOPS | CORPORATE EVENTS

UNLEASH YOUR INNER BADASS

Based on one of Sandra's core philosophies and using her own story as a backdrop, Unleash Your Inner Badass speaks to the potential in all of us and the journey of unlocking our inner strength and wisdom. She reveals how to step into your power and fully embrace your authentic self.



MANIFEST YOUR DREAM LIFE

In this inspiring "how to" presentation, Sandra challenges you to let go of "should's", look within, and dare to dream big. Combining just the right amount of woo with practical action, she lays out a clear path to becoming the conscious creator of your own reality.



FIERCE LEADERSHIP

A great fit for visionaries and change makers, Fierce Leadership is an impassioned call to arms for a new paradigm of leadership. Rejecting old models based on control and oppression, Sandra challenges those who feel called to rise up and join a new, more conscious movement.



Praise for Sandra

"Last night was awesome!!! You shared so many wonderful golden nuggets of wisdom... the crowd soaked it up! I've heard nothing but enthused feedback from everyone I've spoken to, which includes some of our toughest critics! I loved how you ended the night on building community and celebrating one another! Many thanks, Sandra! You most certainly are a badass and an inspiring soul!"

Mia Rossi
Waste Zero Manager, Recology®

"Sandra was a fantastic guest and I know our guests loved her!"

Terri Britt
Former Miss USA & Host, Leading with Love Talk Radio Show



"... a calming yet electrifying personality that brought the most out of the crowd (and especially me!). I have fielded many positive phone calls from attendees and even fellow employees who could not attend but just wanted to let me know they heard thru the grapevine that the event was outstanding."

Chris Porter Gabrielli
General Manager, Recology®



Book Sandra Today

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