

Katherine M. Sauer, PhD

leadership & vitality
for achievers on a mission



panels ✦ workshops ✦ keynotes ✦ facilitated discussions

Katherine M. Sauer, PhD, is an award-winning presenter with 25+ years of experience delighting and challenging audiences. She brings enthusiasm and levity to her educational presentations and insightful perspective to her discussions and keynotes. Katherine is a two-time founder and has held leadership roles within a national nonprofit, an investment advisory firm, and in higher education administration. She is a lifelong learner and has pursued formal training and credentials in numerous areas including change leadership, executive coaching, intuitive energy reading, yoga and meditation, nutrition, nonprofit management, and economics. *MOTIVATED AF: Align Your Inner Drive for Performance & Fulfillment without Burning Out* (forthcoming in late 2026) is Katherine's first book and is dedicated to the achievers who do not want to be told to slow down.

Areas of Expertise

- modern leadership skills & practice
- high-achiever burnout & resilience
- work-life harmony
- purpose & fulfillment through work
- energy vitality

**Delight your audience with a fresh take
on holistic modern leadership or workday vitality.**

Topics Your Audience Will Love

- cutting-edge professional proficiencies like embodied leadership, intuitive intelligence, situational presence, and personal energy awareness
- leveraging the leadership context trifecta (i.e., lead-manage-do)
- cultivating holistic well-being across the physical, mental, emotional, and spiritual
- strategies and tactics for everyday workday vitality
- establishing, maintaining, and drawing wisdom from your highly-tuned inner compass
- the *Aligned Action* framework for leading in alignment across inner wisdom, vitality, and responsibilities
- the design and pursuit of a life well-lived as a necessary component of modern leadership or influence
- themes from her forthcoming book *MOTIVATED AF: Align Your Inner Drive for Performance & Fulfillment without Burning Out*

Book Katherine for Your Next Event

Email kms@katherinesauer.com to start a conversation.