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**BIO**

Sara has worked professionally as an organizational development consultant, trainer and facilitator since 1985, providing organization change and project-based management, coaching, formal training and event facilitation services to a variety of corporate, public agency and health care clients. In 1995, Sara founded HEALTHY SYSTEMS located in Portland, Oregon. HEALTHY SYSTEMS provides consulting and customized training for organizational effectiveness, and focuses specifically on how to create and sustain the health and vitality of an organization in its meetings, projects, processes, direction-setting, organization culture and interpersonal relationships.

Sara has worked as a part time instructor at Portland State University in the School of Business Administration teaching Organization Design and Change, Business Communication, and Organization Behavior. She served as Senior Organization Development Consultant at NW Natural, Portland's natural gas utility, from 2004 to 2016 and helped lead its reorganization around core business processes, as well as serving as project manager and SME in performance management and training and development during their conversion from PeopleSoft to SAP. Sara has been a certified yoga instructor since 1981 and is a certified Somatic Coach through the Strozzi Institute. She is a graduate of the Harvard Graduate School of Business Administration (HBS). She received an MS in Counseling, MS in Art Education and her BFA from the University of Tennessee.

For more information, visit [www.healthysystems.net](http://www.healthysystems.net)