




SFMGMT

SARAH GRYNBERG

 @sarahgrynberg

ABOUT SARAH

Sarah Grynberg is a keynote speaker and mindset coach who empowers brands, senior executives and businesses to reach new heights in their personal and professional lives by helping them overcome unhelpful thinking and achieve greatness. With a wealth of experience and a unique approach, Sarah has become the go-to expert in the art of cultivating a powerful mindset.

Sarah's expertise extends to her work as an accomplished writer, focusing on the themes of mindset, mental resilience, and happiness. Her insights have helped countless individuals and businesses achieve greatness. Her expertise extends to live shows in front of packed audiences, where she has interviewed some of the world's most influential figures. As the creator and host of the internationally acclaimed podcast, *'A Life of Greatness'*, Sarah has had the privilege of interviewing notable personalities such as Matthew McConaughey, Geena Davis, Esther Perel, former Australian Prime Minister John Howard, Deepak Chopra, Olivia Newton-John, Daniel Ricciardo and more.

Sarah also has a supplementary podcast series, *'Sarah's Greatness'* in which she answers listeners questions around the power of kindness, finding purpose, habits for achieving greatness, how to stop caring what others think of you and the power of listening.

In 2023 Sarah has hosted and contributed to events including:

- 2-day greatness retreat in the sports space
- NIB Women of Greatness panel
- Professor Peter Singer's 2023 book tour
- Melbourne Holocaust Museum's Holocaust Remembrance Day

In addition to her coaching, broadcasting and writing, Sarah offers courses on manifesting your greatest life and has created guided meditations for both children and adults, available through her website.



@sarahgrynberg





COLLABORATIONS

Sarah has the ability to deliver high value through her experience, influence and position in the wellness space.

Partner with Sarah to align with a forward-thinking demographic that values wellbeing and a mindful lifestyle.

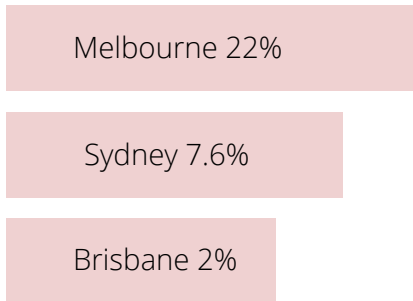
OPPORTUNITIES INCLUDE

- Keynote speaking
- Event hosting/ MC
- Panel contributions
- Brand and organisation spokesperson
- Ambassadorships
- Content partnerships

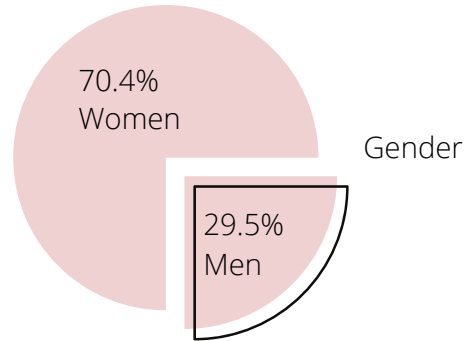
Sarah Grynberg continues to build an augmented social media following



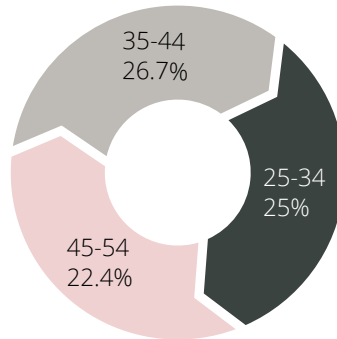
Reach
577.7K



Top Locations



Gender



Age

SFMGMT

SFMANAGEMENT.COM.AU

GIA@SFMANAGEMENT.COM.AU
SHARON@SFMANAGEMENT.COM.AU

0431 938 782
0419 636 616

