

SARAH BOND

CERTIFIED LIFE COACH

EDUCATION & CERTIFICATIONS

- ACC Credential, ICF
- M.A. Urban Studies, Community Development Concentration, Eastern University
- B.A. Psychology, Simpson University

PROFESSIONAL EXPERIENCE

- Co-Founder, Blogger & Coach at Voice of Courage
- Anti-Trafficking Educator & Non-Profit Leader at 3Strands Global, Inc.
- Resident Director at William Jessup University

CONTACT SARAH

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COACH PROFILE

As a coach, Sarah draws from a deep understanding of human motivation and community development. In each session, she invites her clients into a creative and strategic awareness-raising process, equipping them to overcome obstacles, take courageous steps forward, and create a powerful legacy.

Sarah is a wife, mother, and lifelong learner who loves to laugh, read, sing, and dance. One of her greatest joys is walking with people who pursue wild dreams and use their creativity, voice, and leadership to foster beautiful communities and strength in others.

Working with clients to...

- Develop strengths and goals
- Move from dreams to action
- Overcome roadblocks
- Achieve holistic wellness
- Navigate major transitions



“Through coaching with Sarah, I’ve learned to take time for myself and my dreams. I’ve learned that I have goals and I can access them. I’ve also learned that I matter and I have power. It’s given me the space to take time to ask myself important questions.”

-Melinda, Santa Cruz, CA