



Sarah gets raw and real and connects with the group, inspiring you to not just push through hard times, but to have a resilience plan.


## Sarah

A survivor of attempted suicide, Sarah Bliss Daly speaks to the power of connecting with your intuition. She helps audiences rediscover their voice, reframe their perspective, and regain their balance through cultivating *resilience*.

## Sarah's Keynote

**"The Resilience Roller Coaster"** reveals how the twists and turns in life work for us, not against us. She defines resilience, puts it in perspective, and provides the action steps needed to cultivate resilience when you need it most.

## Sarah's Reel

[Click here to view](#) 

## Book Me!

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## Audiences

- ✓ Small Business, Human Resources, Entrepreneurship Conferences and Workshops
- ✓ Universities and High Schools: Students, Staff, Faculty
- ✓ Women's Leadership Conferences and Retreats
- ✓ Mental Health Workshops
- ✓ Inspirational Retreats



I wish I could have heard this 5 to 8 years ago. It may have helped me get through my own issues faster.

# Sarah Bliss Daly

204 Crater Lake Drive  
Chico, CA 95973

## RESUME

### KEYNOTE/ BREAKOUT SPEAKER

Design and present keynote and breakout presentation for corporate, institutional, and inspirational/wellness audiences nationwide. (April 2019 - present)

#### **Keynote/Breakout Topics:** (Up to 2 hours)

The Resilience Roller Coaster  
Dancing with Anger  
Being in Your Right Mind  
From Trauma to Triumph  
Moving Forward, Not Bouncing Back

### SPEAKER/ TRAINER EXPERIENCE

#### **Corporate Experience:**

Nielsen Media Research - Designed and presented presentations to media sales and management teams nationwide. (April 2002 - September 2006)

Univision Communications - Developed and presented strategic presentations for clients across all categories focusing on target psychographics, purchase behavior, media usage, and behavioral attitudes. (October 2006 - April 2012)

Sony Pictures/DirecTV - Acted as liaison between programming and marketing, leading focus groups nationwide. (May 2012 - October 2016)

AFLAC - Trained sales teams (November 2016 - December 2018)

BNI Business Network International - Facilitate and organize weekly business meetings. (January 2019 - Present)

Movement and Mindset - A monthly event hosted by Strive For Epic. 50+ attendees combining yoga and personal development. (April 2024)

Guest Lecturer - Health Sciences Class, Montgomery College, Maryland  
Professor AJ Baca (April 2024)

Guest Lecturer - Counseling Skills & Theories Class, Simpson University, California  
Professor Kelli Napp (April 2024)

### EDUCATION

B.A. Communications with an emphasis in Advertising, Southern Methodist University, 1997.

# The Resilience Roller Coaster

Becoming the Hero In Your Own Story

## This Crisis Begs for Your Attention

“Every year, 703,000 people take their own life and many more people attempt suicide.”

**I was one of those people.**

“Suicide is the fourth leading cause of death among 15–29-year-olds globally in 2019.

Every suicide is a tragedy affecting families, communities, and entire countries and has long-lasting effects on the people left behind.”\*



**Suicide Touches Everyone.  
Education Is Imperative.**

**Caught in an endless loop?**



**Trapped on a roller coaster?**

**Stuck in a rut?**

### KEYNOTE CONTENT

- What Resilience is **NOT** – defining resilience and embracing what it is not.
- From **Trauma** to **Triumph** – moving through trauma by practicing Ready, Aim, Fire.
- Move **Forward**, Don't **Bounce Back** - powering through doesn't mean you're resilient.
- Resilience **requires** Awareness - creating intention and inviting intuition.
- Creating a **Resilience Plan** – reaching out to community, being open to compassion...



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# Testimonials

"Inspiring, Sarah is very courageous by sharing her experiences with us while at the same time giving us tips about how to properly be resilient. It is not about bouncing back but to recognize the situation, apply the 5 Cs and move forward loving ourselves. Thank you Sarah!" - **ERIKA**

"She should speak to high schoolers, they need to see her as the light at the end of the tunnel." - **THANIA**

"The right person at the right time would really benefit from the speech. I could really relate to Sarah for past trauma and I feel like I understand everything that she had to say. I wish I could have heard this 5 to 8 years ago. It may have helped me get through my own issues faster. I think she was great and I commend her for sharing her story!" - **DEANA**

"Simply inspiring and opening for a new way of thinking." - **DAMIEN**

"It was honestly inspiring and instilled hope for me personally. I wasn't very interactive but the life Sarah has been through help put things into perspective about my own life. It helped me to not only increase gratitude but increased my awareness that asking for help is a great thing." - **YAHEEZ**

"If you need a different perspective on life I'd listen to Sarah!" - **JORDAN**

"It was moving and insightful to real life problems that aren't talked about enough." - **KAITLYN**

"Sarah gets raw and real and connects with the group. Inspiring you to not just push through hard times, but to have a resilience plan. She gives you action steps to improve in this area. It was a great session!" - **SARAH W.**

"You've explained resilience in a way I've never heard before." - **ROBYN**

*If you're looking for an inspirational keynote speaker who delivers raw emotion steeped with humor and interaction, Sarah is the right choice. She not only inspires audiences to think in a new way, but to put traumas in perspective increasing awareness and gratitude for life.*

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