



the power to reinvent

giving you the power to achieve your goals (in less time)

Well hello there. This is me,
Sarah.

(And here's some stuff you might find interesting to know before we meet)

I'm a Northern Irish girl with a huge passion for unlocking human potential (you could call it a bit of an obsession).



My obsession with human potential and psychology has been part of my life for as long as I can remember. I am fascinated by what makes some people successful, happy and fulfilled.

It was this fascination that led to study human behaviour at university. I achieved my undergraduate degree in Psychology and a postgraduate diploma in Careers Guidance. Later, I qualified as a life coach, business coach, and certified Neuro-Linguistic Programming Practitioner.

I pride myself on providing a professional coaching service.

My Work

I'm fortunate to have enjoyed a diverse career spanning 10 years. During that time, I have worked with hundreds of individuals and businesses big and small; from large corporate client (like IKEA and House of Fraser) to start-ups and entrepreneurs.

I've also worked with the European Commission to design an innovative business for entrepreneurs.

My career has been varied but one thread remains consistent. That thread is my passion for moving people closer to their goals (no matter how far away they may seem).

At the end of 2016, I took a bold leap into the unknown. Practicing what I preach, I went after my own goals, to combine work, travel and a location independent lifestyle. I sold my house, my car, and all my stuff.

Without taking that leap, I would never have started The Power to Reinvent. Through The Power to Reinvent I continue to help individuals and businesses achieve their goals (and mine).