



Sabrina Schottenhamel  
Professional Speaker

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**Testimonial:**

*"Thank you again for your time and thought provoking presentation last night! Based on the comments from the evaluations, "This was fantastic!" and don't change a thing."  
- Cindy F, and the SGNA team*



### Speaking Topics

#### **Introverted Leadership; Harness Your Quiet Power**

- Build positive self awareness
- Learn keys to prepare yourself
- Ways to recharge yourself

#### **Create A Self-Care Routine That Sticks!**

Learn to:

- Take breaks
- Implement simple self-care to maximize your energy & productivity
- Hydrate all day
- A solid routine you can use today!

### Bio

Sabrina Schottenhamel is an Introverted Leader & Professional Speaker and Author. She's passionate about health, wellness and communication. This has compelled her to share her message on a larger scale, delivering keynotes and workshops.

As seen in:



### Options & Offerings

1 Hour Workshop

Keynote Address

Half Day Seminar

Full Day Seminar