



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

Networking for Introverts

- How to prepare yourself mentally and physically
- Strategies to execute during events
- And what do afterwards to recharge your batteries

Introverted Leadership Harness Your Quiet Power

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

Quietly Rooted

A workshop designed to creatively support growth, kindness & confidence in the youth

Learn to:

- Cultivate confidence - learn skills & recognize the hidden talents you already have within yourself
- Speak up while leaning into your quiet power
- Be a Kindness Giver

Bio

Sabrina Schottenhamel is an Introverted Leader, Professional Speaker and Author. She's passionate about stepping onto leadership, the importance of health, and compassionate communication. This has compelled her to share her message by delivering keynotes and workshops.

Sabrina specializes in supporting;

- **Introverts to step into their leadership roles**
- **Middle schoolers with workshops for the introverted youth**
- **Corporate programs**



Options & Offerings

1 Hour Workshop

Keynote Address

Half Day Seminar

Full Day Seminar