



S P E A K E R K I T 2 0 1 5



SarahMcCrum



The ultimate recipe for a fulfilled life

- Over 8000 hours leading group presentations and workshops.
- Presented to Virgin Media, Hewlett Packard, global leaders of Standard Chartered Bank and RSA Insurance Group, British Gas top 100, Dow Jones and many more.
- Former BBC Radio producer and presenter.
- 22 years training with Chinese Masters.

Take one human being. Add a Cambridge University education and 10 years with the BBC. Mix with this 22 years training with Chinese Masters. Then combine with a load of common sense, diverse life experiences and a passion for inspiring leaders. The result is Sarah McCrum. Her presentations are different to anything you have ever experienced before.

From the moment she starts to speak you are taken into a world where Sarah challenges the laws of life you may be familiar with. Incredibly, you will feel extraordinarily calm and relaxed as you listen. As Sarah presents it quickly becomes clear that there is a lot more to life than meets the eye and you have probably never had the time to explore

life in such an innovative and effective way.

Having trained with Chinese Masters for 22 years, Sarah experiences the world differently from most and this has transformed her life. She has a passionate curiosity about what makes people work at their best, and she also has an almost magical ability to solve problems through dialogue. This creates a unique way of spreading peace and happiness through any audience. It's a powerful combination.

Sarah is known for being grounded, practical and intelligent as she shifts perspectives and changes lives through simple conversations. This results in tangible improvements in people's health, 'aha' moments about relationships and it awakens a deeper sense of purpose in listeners.

As a presenter, Sarah creates an atmosphere of calm and coherence that people crave in a world of stress, busyness and overload. Participants leave her presentations feeling relaxed, inspired and energised. Many will continue to notice the effects for a few days following the event

and some make changes in their lives that transform their presence entirely.

Whether she is talking about a specific topic or responding to questions, people in her audiences often remark that their personal questions have been answered, even if they have not had a chance to ask anything.

Sarah talks about life – the subject that got left out of school and often gets left out of business too. Her approach touches the universal aspects of being human, with all its challenges and extraordinary opportunities. In a gentle, but persistent way, she challenges us all to look at life with fresh eyes and ask ourselves some honest questions. Sarah loves to debunk popular myths with a light-hearted, humorous touch.

She has discovered there are three main problems that show up consistently for leaders and business owners.

1. A lack of physical, emotional or mental energy that results in physical

Three phrases come to mind when I think about Sarah McCrum and her speaking:

“Totally Authentic, Absolutely Life-Changing, Very, very different.”

To that I'd add that Sarah has an amazing ability to connect with an audience in ways that you very rarely see (or indeed feel).

PAUL DUNN, CHAIRMAN OF B1G1, 4 X TEDX SPEAKER, SINGAPORE



or emotional health problems or long-term fatigue.

2. Loss of enjoyment with their partner and children, and difficulty being present and connected, which can lead to relationship problems at work and at home.

3. A persistent underlying sense that something is missing from life, leaving them feeling unable to fulfil their greatest potential or live a life of true purpose.

Each of Sarah's presentation topics addresses one or more of these problems, injecting energy and spirit into her audience's personal and business life.

She shares simple, doable strategies for improving health and vitality so people can become clearer, more effective and more positive at home and at work.

She loves to help people take a new look at family problems, sharing stories from her BBC days when she specialised in interviewing

“This should be a part of every leader’s toolkit. Sarah automatically brings you perspective and the ability to see the bigger picture, which in our frenzied world, where the key focus is often very short-term, can be invaluable. It is notoriously difficult to get leaders out of their day-to-day mindset and into an effective learning environment. (It) is a way of helping them to open their minds and develop their creativity, allowing them to see beyond the constraints and boundaries of their day jobs.”

JILL McMILLAN, DIRECTOR LEADERSHIP AND DEVELOPMENT, BANK OF AMERICA

children. Her advice on how to connect families is uplifting, refreshing and practical in situations that can seem almost impossible to resolve. And her relationship wisdom is as applicable in business as at home.

Her natural, intelligent approach to spirituality makes it relevant to everyone in the room. She delights in showing people where they can find the “missing link” in their life, making this often overlooked subject feel completely normal and approachable.

Known above all for making spirituality practical and down-to-earth, Sarah is on a mission to inspire leaders to explore new territory. Her promise is to help them resolve personal and business problems with a new level of ease and show them how they can experience more energy, joy, connection and fulfilment.

Sarah has spent over 8000 hours leading group presentations and workshops, both online and face-to-face.

In 2000, long before mindfulness came into fashion, she founded The Energy Bank, an innovative event and training business in the financial

heart of London. This ultra cool, Feng Shui'd environment, considered way ahead of its time, was used by many of the world's most well-known brands for trendy launches of new products, conferences, seminars, training and many other exclusive events.

Over the last decade thousands of leaders have been introduced to the concepts of energy Sarah learned from Chinese Masters. She has presented to many key clients including the global leaders of Standard Chartered Bank and RSA Group, the sales forces of Hewlett Packard and Virgin Media, Great Place To Work UK, the 100 top leaders of British Gas and hundreds of local small business owners.

Sarah now lives in Melbourne, Australia. She leads a 10 month training program for business owners and sees private coaching clients. She also runs Heart of Healing, an online program to support business owners' health, wellbeing and daily energy optimisation.

Later this year she will publish her book, “Superpowers Made Easy.”

“She has a unique blend of spirituality that is grounded in practicality.”

PETER CROCKETT, FOUNDING PARTNER, 2INSPIRE INTERNATIONAL, LEADERSHIP TRAINING



PRESENTATION TOPICS

Sarah presents on a range of topics drawn from her personal experience coaching and training leaders and business owners.

SUPERPOWERS FOR BUSINESS

Discover ancient techniques previously known only to Chinese Emperors that will give you an unrivalled advantage in business.

Explore how some business owners have tapped into the ancient art of practical superpowers for business (and how you can too). Discover the hidden potential in you and your business from a superpower expert who trained with Chinese masters for 22 years and find out how you can use these ancient Chinese techniques in the modern day to grow your business and experience true happiness and inner peace at the same time.

YOUR BEST

The essential things you need to know about activating your greatest potential as a human being

For the first time in human history we know what it takes to develop our greatest potential. Discover the 7 essential intelligences you need to excel in if you want to become your best self and achieve real fulfilment of your potential. Based on extensive scientific research across all cultures of the world, this presentation will show you clearly where your strengths lie and where you need to grow in order to become the person you really feel you could be - at YOUR BEST.

THE NEW FUEL FOR BUSINESS

How to optimise your personal energy

Many people are working on fuel tanks that are virtually empty, full of dirty petrol or using the wrong fuel all together. This is highly inefficient and a huge waste of human resources. In a practical

talk full of tips and simple, doable strategies, Sarah shows you how to increase, balance and maintain your energy for optimum performance and enjoyment.

RELAXED = EFFECTIVE, EFFICIENT, ENGAGED AND ENJOYABLE

New ways of working that work better than the old ways

A practical introduction to the benefits of being relaxed. It includes a guided Energy Relaxation exercise, which demonstrates instantly the power of relaxation and its application in the workplace and family. Sarah shares many examples that demonstrate how relaxation has a transformational effect on all areas of life simultaneously, making it an extremely simple and effective intervention with surprisingly powerful impact.

WHERE'S YOUR FAMILY?

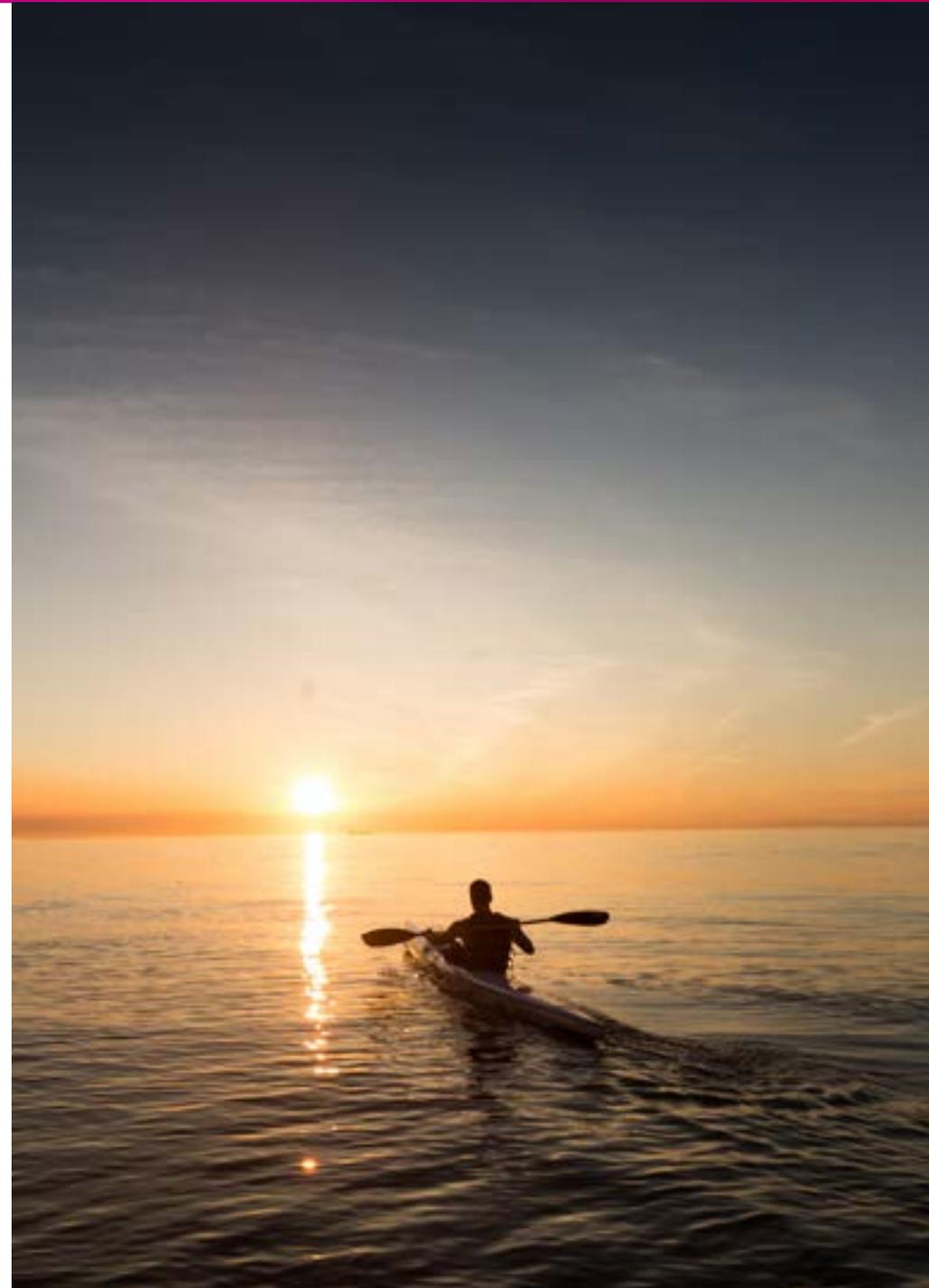
Simple strategies for busy people to connect more with their family and solve common family problems

One of the most common complaints in the families of leaders and business owners is that they are never "present" – even when they are physically at home. Before this becomes grounds for a divorce, it's better to take some simple steps to change the situation. It's extraordinary how much difference a tiny investment of time and energy makes to partners and children, as well as colleagues and team members.

THE HABIT SERIES

Habits for Health
Habits for Happiness
Habits for Harmony

Short presentations of simple tips that anyone can do and most people don't. 10 to 20 minutes each.



OTHER TOPICS

Please ask for additional information:

WHAT HAPPENED TO YOUR HEART?

Become human again by creating thriving relationships.

CONNECTED

The ultimate experience of human life.

THE 7 MOST COMMON MISTAKES SUCCESSFUL BUSINESS OWNERS MAKE TO SABOTAGE THEIR LIVES

And what to do before it's too late.

INSIDE OUT OR OUTSIDE IN?

How to transform the way you live and work without disrupting other people.

HEALTH ON ITS HEAD

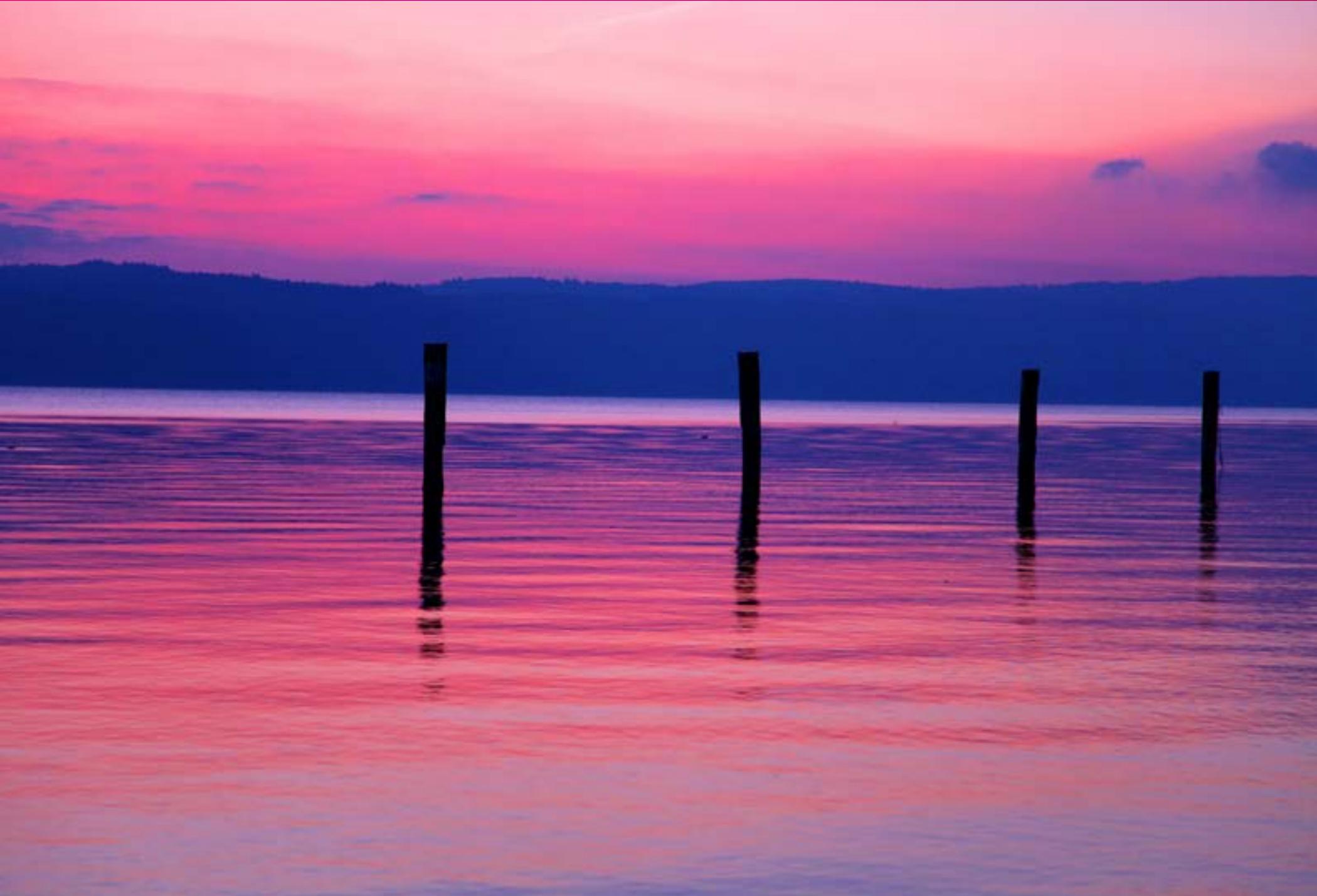
A radically different and extremely effective look at how health and healing really work.

THE REAL JOURNEY OF HEALING

An honest look at how people heal, what helps and what doesn't.

“I have found that both my physical and mental energy has increased. Work has improved and I have had the best creative business ideas for years. Everyone around me including my wife has seen a positive change in my life. You have won over this cynic!”

DOUGLAS GRAYS, OWNER, DUKES OF LONDON



SOME OF THE ORGANISATIONS SARAH HAS PRESENTED TO IN THE LAST 6 YEARS.





A SNAPSHOT OF SARAH'S HAPPY CLIENTS

“The uptake in business because of the positivity that everyone has shown in every phone call, every email, every meeting that they’ve had has been quite dramatic.”

DOMINIC SIMPSON, HEAD OF GLOBAL SALES FOR FINANCIAL NEWS AND WALL STREET JOURNAL, EUROPE

“A vast reservoir of practical wisdom and helpful advice.”

ALEXANDER BLYTH, FOUNDER, FLYING DRAGON ADVENTURES, SINGAPORE

“I included a session in our recent team-building event. The feedback was that people appreciated the investment in them and it set a different tone for the team-building enabling us to make lots of progress very quickly whilst staying very relaxed. I would encourage anyone to give it a go - what have you got to lose other than your stress!”

ORLAGH HUNT, GLOBAL HR DIRECTOR, RSA GROUP

“She lets you get out of being totally in your head and brings you back to life with levity. It’s getting into your heart. It’s getting into the soul of who you really are without you really realising she’s doing it. It’s magical.”

JACQUELINE SHAULIS, FOUNDER, AWESOME ENTERPRISES LLC

JUST TO RECAP...A FEW REASONS TO HAVE SARAH AT YOUR NEXT EVENT

She leaves her audience feeling relaxed and full of energy for the rest of the day.

Whilst her topics are a bit different, her education and intelligence shine through to build trust with any audience.

Her clients are very happy and they stick around to write rave reviews.

She's very easy to work with. She goes out of her way to understand what you want in your event and aims to make it even better than you had hoped.

If anyone is panicking on the day, Sarah will calm them down in a few minutes – it's her speciality.



Whoever she's talking to, she sees each person as a human being with a family first and foremost, so she touches the universal in all of us and then makes it relevant to business.

She spent 10 years producing and presenting BBC radio programmes.

Past clients include Royal Bank of Scotland, UBS Investment Bank, Standard Chartered Bank, RSA group, Dow Jones, Financial News, News International, Merrill Lynch (Bank of America), HP, Best Place To Work and many more.



Sarah**McCrum**

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