

M +1 (570) 550-3422

E drsaramoore@gmail.com

A Scranton, PA | Available
Worldwide

KEYNOTE SPEAKER | EDUCATOR
NERVOUS SYSTEM & BURNOUT
RECOVERY ADVOCATE

SARA MOORE

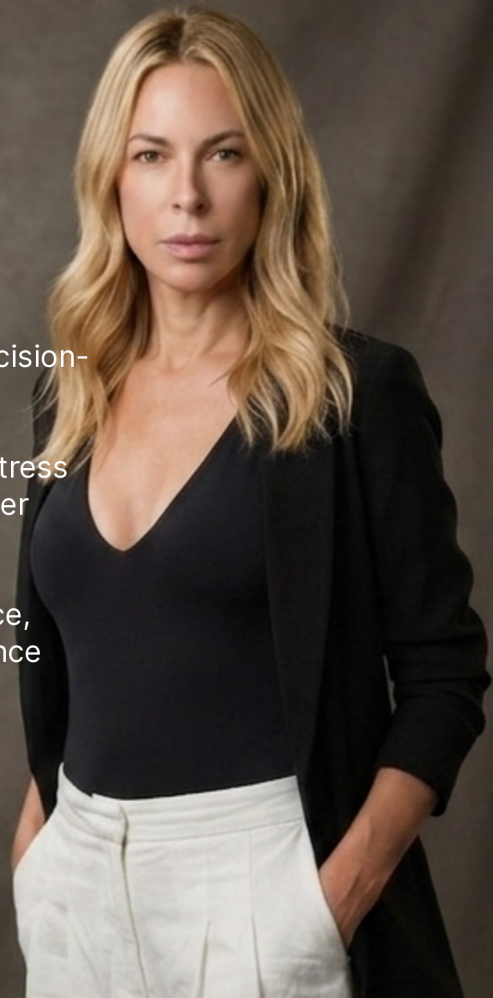
MEDIA KIT

Burnout, chronic stress, and grief don't just affect individual wellbeing—they impact performance, decision-making, leadership, and culture.

Dr. Sara Moore helps audiences understand what stress is doing to the body and how to respond with greater awareness, resilience, and self-leadership.

Blending neuroscience, storytelling, somatic practice, and lived experience, Sara translates complex science into practical tools people can use immediately to support nervous system regulation, recovery, and sustainable performance.

Audiences leave with more than inspiration—they leave with language for what they're experiencing, science to understand why, and practical options for healing and lasting change.



FACT SHEET

TOPICS

- Burnout Prevention & Recovery
- Nervous System Regulation for High Performers
- Stress, Grief & Resilience in Times of Change
- Teaches creative, tangible practices for stress relief and nervous system recovery.

IDEAL AUDIENCES

- Corporate leaders & executive teams
- HR, L&D, and people operations professionals
- Educators & higher education institutions
- Healthcare professionals & caregivers
- Women's leadership and wellness conferences



TAKEAWAYS

- Recognize signs of nervous system overload
- Understand the science of stress and burnout
- Build practical regulation and recovery habits
- Improve resilience, clarity, and emotional awareness
- Make informed decisions about wellbeing

KNOWN FOR

Translating nervous system science into deeply human, actionable experiences that create lasting change.

CREDENTIALS

- EdD in Educational Leadership (Behavioral Technology)
- MFA in Graphic Design
- Former Professor of Instructional Technology (13 years)
- Senior Learning Strategist in enterprise learning
- Designer of large-scale learning programs reaching tens of thousands



SERVICES

Dr. Sara Moore offers keynotes, workshops, retreats, and custom learning experiences that blend science, storytelling, and creative practice to address stress, burnout, and nervous system recovery. Available for virtual and in-person events, each engagement is tailored to your goals and designed to be interactive—giving audiences the opportunity to experience creative regulation practices in real time and witness their impact firsthand.



**YOUR NERVOUS SYSTEM IS
ALWAYS COMMUNICATING
—THE QUESTION IS
WHETHER YOU KNOW HOW
TO LISTEN.”**

SESSION FORMATS

- Keynotes (30–90 minutes)
- Half-day workshops
- Full-day immersive workshops
- Executive retreats
- Panel discussions & fireside chats
- Virtual and in-person engagements

BOOKING DETAILS

- Available for domestic & international travel
- Custom presentations available
- Workshop materials available upon request
- Contact: drsaramoore.com / drsaramoore@gmail.com

[INQUIRE ABOUT BOOKING](#)

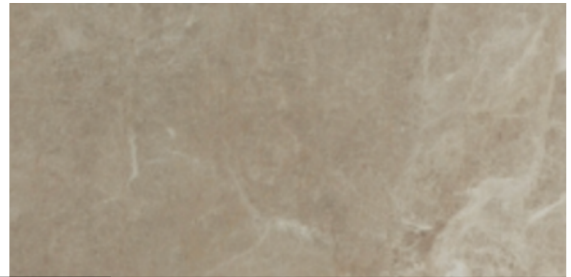


W www.drsaramoore.com

SPEAKER BIO

E drsaramoore@gmail.com

SPEAKER BIOGRAPHY



ABOUT

Dr. Sara Moore is a global corporate leader, educator, artist, and nervous system wellness advocate. Drawing on her doctoral research and her own healing journey, her keynote *The Body Knows: How Creating Art Heals the Nervous System* shows how creative practice — art, photography, and journaling paired with introspection— gives the subconscious a language the conscious mind can finally hear.

