



Meet Dr. Sarah Glova

She designs experiences that guide teams toward ambitious, achievable goals by translating research, stories, tech trends, and tactics into *real action*.

Speaker Highlights

- Delivered 300+ keynotes, workshops, and webinars globally.
- Trusted by brands like Panasonic, Microsoft, and Grant Thornton.
- CEO of Reify Media; 2024 inductee to the NC Women Business Owners Hall of Fame.
- Instructor at Duke University and NC State, teaching business communication.
- TEDx speaker with a viral talk on [achieving goals with a single page](#), garnering over 100,000 views in three months.

Signature Talks

*Get Fearlessly Clear on the Path to Your **Goals***

In this transformational talk, Sarah shares strategies for setting and achieving goals that actually work, helping attendees craft a clear, actionable path to success.

*Blueprint to **Innovation**: Practical Strategies for Driving Meaningful Change*

Through stories and data-driven insights, Sarah equips leaders with the tools to foster innovation and navigate change effectively; a high-energy, high-impact keynote.

*Mastering Workplace **Communication**: Speak Up and Lead with Impact*

For professionals who want to communicate effectively in presentations, meetings, 1:1s, emails — Sarah offers strategies to help you speak up and lead confidently in any situation.

[See all talks](#) ↓

Check Sarah's availability by [requesting a free consultation](#) or directly emailing connect@sarahglova.com

Testimonials from Event Organizers & Producers

"I've hired her for our biggest events, and **participants rave about her energy and expertise.**" — Kristine Sloan, Executive Director, Leadership Triangle

"She has a command of the material and the audience. **I could not recommend her as a speaker any more highly.**" — John Lane, Professional Podcaster

"My audience heard 15 speakers throughout our professional development journey, and **Dr. Sarah Glova was a unanimous all-time favorite.**" — Marcy Bullock, Corporate Trainer

Speaker Fees

Sarah delivers high-impact sessions with flexible pricing designed to support everything from large-scale conferences to community-forward events. All sessions are backed by 15+ years of experience, 300+ presentations, and a TEDx talk that's earned over 200,000 views.

Mainstage – High-Impact Engagements

Starting at \$10,000

For major conferences, executive retreats, and headline events, Sarah delivers fully customized keynotes or programs. These include pre-event strategy calls, bespoke content, and follow-up tools designed to drive lasting impact for your audience.

Tailored Experiences

\$4,500 – \$8,500

Ideal for keynotes and workshops built from Sarah's proven content library. These 30–90 minute sessions include interactive elements and are tailored to meet your audience's specific goals.

Mission-Aligned Events - Contact Dr. Glova to discuss.

Each year, Sarah partners with a small number of values-driven organizations at a reduced rate. Let's connect if your event aligns and you're open to a creative collaboration.

Whatever your event's goals, she is committed to finding the right fit for you. [Contact her today about a custom price proposal for your event.](#)

More Talks for Professional Development

*How Normal People **Achieve** Really Big Things*

In this uplifting talk, Sarah draws on her experience as a tech journalist, where she interviewed some of the world's most accomplished individuals — and discovered that they're really, wonderfully *normal*. These stories show us that greatness isn't about being extraordinary; we're all capable of achieving big things. Attendees will leave with practical strategies they can apply to any goal — and the empowering belief that big things are within reach for anyone, regardless of where they start.

*The Upward Influence Playbook: **Speak Up**, Manage Up, Move Forward*

Because leadership isn't a title — it's an action. This talk explores the power of finding and using your voice to lead from any position. Sarah inspires participants to explore different ways they can take charge of their contributions, setting the stage for impactful, purpose-driven communication that can influence any audience.

Confidence in the Age of AI: How to Stay Relevant, Resilient, and Ready

In this dynamic, tech-forward keynote, Dr. Glova guides attendees through a high-energy session that explores how to lead with confidence, think critically, and stay relevant in the age of AI. Designed to strengthen both soft and technical skills, this talk will help attendees explore how innovation, adaptability, and strategic thinking can become their personal edge as AI and automation reshape the industry. Participants will leave with tangible insights and practical tools — offering value not only for their own professional growth, but also in support of the firm-wide skills that matter most in today's evolving landscape.

*Future-Proofing Your **Career**: How to Stay Competitive in a Rapidly Changing Job Market*

With the pace of change accelerating in today's job market, this keynote provides tools to help professionals remain competitive and adaptable in their careers.

*The **Ally** Strategy: How You Can Champion a Culture of Inclusion and Support*

In this session, Sarah opens up new ways for us to think about *allyship*—ways we can support others with our actions. With so many simple but impactful actions, allies can foster a culture where people genuinely feel comfortable standing up, speaking out, and supporting one another. This talk is tailored to each organization, with examples that

match to the company's values and industry. Participants will leave with insights into what true allyship can look like in action and the confidence to champion it within their teams.

Confidence Decoded: What It Is, What It Isn't, and How to Build It

Confidence is something we all crave, yet it's rarely something we're taught to build. In this eye-opening talk, Sarah combines insights from neuroscience and psychology with powerful real-world examples that will reshape how you think about confidence. Attendees will walk away with a fresh understanding of what confidence really is, how to cultivate it meaningfully, and practical takeaways to build lasting self-assurance.

*The **Entrepreneurial Mindset**: Simple, Impactful Ways to Think Like an Entrepreneur*

Entrepreneurship is about more than starting a business — it's about seeing challenges as opportunities, staying adaptable, and shaping new possibilities when the usual options don't fit. This engaging, high-energy session challenges participants to *think like an entrepreneur* by focusing on momentum over hesitation, action over perfection, and embracing uncertainty over exhaustive planning.

Perfect for anyone looking to *make significant progress* or *take the next step* (whether launching an idea, advancing a career, or tackling a new challenge), this talk provides practical strategies to move forward with confidence, even when the path isn't fully clear. Attendees will leave inspired and equipped with tools to start now, iterate as they go, and make real progress.

For Leaders

*The Executive Brief on Building **Confidence***

Confidence isn't just a trait — it's a key leadership skill. In this session, Sarah offers actionable strategies to build confidence rapidly, empowering leaders to take charge and inspire trust from their teams.

*The Busy Executive's Guide to **Networking** and **Personal Branding***

In this talk, Sarah demystifies networking for professionals at all levels. Attendees will learn how to approach networking with confidence, build authentic relationships, develop their personal brand, and use their connections to drive both personal and professional growth.

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*The **Feedback** Blueprint: How Leaders Can Give and Receive Feedback to Drive Team Success*

Explore best practices and research-driven insights on feedback, specifically how to transform feedback into a tool for driving team performance, building trust, and creating a collaborative environment where everyone thrives.

*Leading Through **Change**: Leveraging Disruption for Innovation*

Change is inevitable, but how leaders manage it makes all the difference. This keynote provides tools for helping organization leaders navigate and harness organizational change as an opportunity for growth and innovation.

For Entrepreneurs

*Redefining **Entrepreneurship**: Finding Your Fit and Building an Authentic, Profitable Business*

This engaging talk breaks the mold of traditional entrepreneurship advice and focuses on real lessons earned along the way. Sarah shares her own entrepreneurial journey, offering insights into why not every business owner needs to be a "shark," how finding the right business model is about experimentation rather than perfection, and why all business owners, no matter their scale, are *real* entrepreneurs. Perfect for entrepreneurs at every stage, this keynote challenges common myths and encourages attendees to embrace their unique path to success.

*Mental Health for **Entrepreneurs**: How to Prevent Burnout and Sustain Long-Term Success*

This talk focuses on how entrepreneurs can prioritize mental health while driving their businesses forward. Sarah shares strategies for balancing ambition with self-care to avoid burnout and maintain lasting success.

For Students and New Professionals

Critical Thinking Redefined: Thriving Amid Complexity and Change

In an age of rapid information, AI-powered tools, and constant transformation, critical thinking has become the most valuable skill in today's professional and academic environments. This workshop dives into how we can evolve our thought processes to meet these challenges head-on, empowering students to tackle complexity with clarity and confidence.

Participants will leave with practical tools to evaluate information, question assumptions, and make decisions—skills that set leaders apart in a world of constant change.

*How to Give and Receive **Feedback** for Personal and Professional Growth*

Navigating feedback early in your career can be intimidating, but it's essential for growth. This talk helps students and new professionals develop the confidence to both offer and accept feedback, turning it into a positive force for personal and professional development. Attendees will walk away with practical tools to give feedback that builds relationships and receive it in a way that fuels continuous improvement.

*Building Your **Personal Brand**: How to Stand Out in a Competitive Job Market*

Students and new professionals will learn practical steps to craft a brand that makes them stand out to employers and industry leaders. From leveraging LinkedIn to developing a professional narrative, this session provides actionable insights on how to open doors.

Office Hours with Dr. Glova: 1:1 or Small Group Mentorship on Communication, Job Searching, and/or Career Development

This open office hours session offers personalized support in a relaxed, supportive environment. Designed for students or new professionals, Dr. Glova's mentorship office hours provide tailored feedback and strategies for improving communication skills, navigating the job search, or planning their next career steps.

Tech Talks

*Redefining Work with **AI**: How Automation is Empowering New Innovations*

Get ready to witness a revolution in the way we work! From streamlining operations to boosting productivity, artificial intelligence (AI) and automation are changing the game for businesses across all industries. With real-world examples and fascinating insights, this presentation will show you just how far AI has come — and where it's headed next.

*Unleash Your Inner **Innovator**: Practical Strategies Driving Meaningful Innovation*

In today's rapidly changing work environment, innovation is no longer a luxury — it's a necessity. But what does it take to be an innovator? Join us for an inspiring, interactive

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keynote that shares practical strategies for unleashing your unique voice in the age of disruption. Through hands-on exercises and real-world examples, we'll explore how to cultivate an innovative mindset that's as unique as you are, providing actionable guidance on how to innovate regardless of your job title or industry.

Navigating [Insert tech trend here]

Based on her work as a tech reporter, Dr. Sarah Glova can create actionable, inspiring keynotes or workshops explaining tech trends/predictions. Past bespoke keynotes have focused on AI, 5G, IoT, clean tech, blockchain, the no-code movement, and more.

Testimonials from Program Attendees

"If you're looking for a **dynamic speaker who will transform mindsets**, I cannot recommend Sarah highly enough." — Cynthia Barnes, WBE-Certified LinkedIn Top Voice

"Dr. Glova has a remarkable ability to **simplify complex topics through relatable storytelling**." — Rebekah Gregg, Director at Cary Founded

"Sarah has a beautiful way of facilitating that provides **valuable content while allowing space for individuality**." — Heather Hansen O'Neill, Award-Winning Speaker & Author