



Sarah Singer Coaching & Consulting Testimonials Website

*“Working with you, Sarah, has **truly been life-changing**. You’ve given me the confidence and tools to make bold decisions, **like leaving my job for something better, even when I didn’t think I could. I was so unsure about having a career coach and did not know exactly what I was getting into. However, because this program was so personal and exceeded all of my expectations**, I have a hard time finding anything to critique. You are **wonderful at connecting with people, flexible and just an overall joy to have as a career coach**. Your constant check-ins and accountability have been so supportive, and I can’t thank you enough for helping me shift my mindset. **I went from feeling stuck and stressed to prioritizing my mental health and embracing change**. You’ve been so genuine and flexible throughout this journey, which made it easy to connect with you. I couldn’t have done this without your guidance.*

*Honestly, In four months, I went from being burned out to resigning from my six-year tenure government job and accepting a new position at a community food kitchen aligned with my **dream career path**. I’m much **happier and fulfilled now**, in a position of success, and don’t feel the pressure of being stuck in something that I hate. What’s more, I don’t have the same mental health challenges that were impacting me and my relationships. **This program has changed my life!** For anybody thinking of taking this program, I wholeheartedly endorse it. Thank you!”*

Michael’s live reflection

- Michael Fox, Rhode Island

*“After nearly 20 years in higher education, I was at a major crossroads. I knew I wanted to make some big shifts — starting my own business, moving abroad, completely redesigning my life — but I wasn’t sure how to make it all happen. **I was craving clarity, momentum, and the confidence to know this new vision could actually be possible.***

I found Sarah through a podcast and instantly connected with her story. I reached out just to get her thoughts on a program I was considering, and by the end of our conversation, I knew I wanted to work with her instead. I didn’t just want a course, I wanted someone who could meet me where I was and guide me through a full transformation.

What surprised me most about this process was how emotional it was. I thought I was just building a business. But when I hit a wall of burnout about six months in, I realized I’d been trying to force everything. That moment became a turning point. I saw how much pressure I was putting on myself — and how often women like me carry invisible expectations that keep us from living the way we really want to.

*That shift changed everything. I gave myself permission to **slow down, to trust the timing, and to start living with more peace and joy now — not waiting for some future version of success to feel that way**. That’s now a core part of the coaching I offer other mid-career women. This experience didn’t just help me pivot, it helped me heal.*



*I got promoted at work before officially leaving higher ed, I launched my coaching business, and I'm planning a move to Spain. I still have a road ahead, but now I see the whole picture. I know where I'm going, and I trust that I'll get there, with a lot **more ease** than I used to think was possible.*

If you're thinking about working with Sarah, listen to that voice inside you. It's there for a reason. Even if it feels scary or uncertain, you don't have to do it alone. You're more capable than you realize. And what's meant for you won't miss you."

[Colleen's live video testimonial & reflection](#)

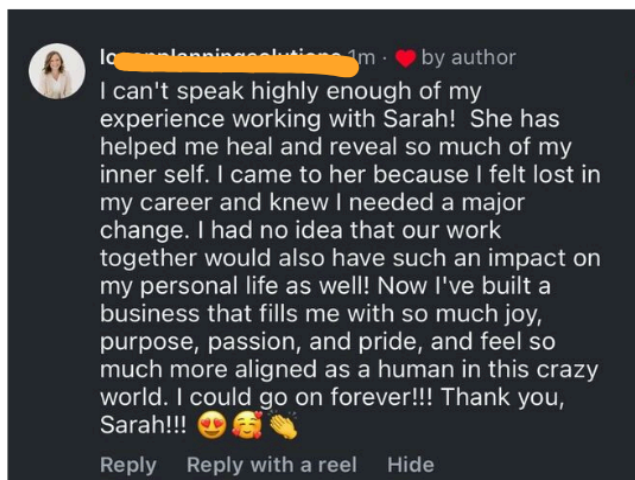
- Colleen Monks, Chicago

*"Since working with Sarah, I feel **capable of achieving the life I only dreamed of**. Through our work, I landed a **new director-level nonprofit position** in four months WHILE building a new impactful business in parallel"*

-Marlene C.R. , Rhode Island

*"In only **4 weeks of working with Sarah**, I left my job in healthcare tech I was burnt out and miserable in, took the leap to start my own business, and got my first client. Since then I've gone on to work with Sarah in 1:1 and group coaching over the past year and a half to form a deep relationship that's now an authentic friendship. I've since served over a dozen clients and am living the career, business, and life of my dreams.*

I've learned that personal, human, introspective reflection and development HAS to be a part of my career & business self. If it's not, I'm cutting short the side of me that is running a business. I've also learned am wholly capable and perfect just the way that I am. I don't need to be "fixed" in order to make the most of my life. The more I get to know my true self through coaching , the more strength I have in this world. Come live in my house so I can have your reflections and guidance in everything I do." Snippets from Katie below!"





Katie's live reflections

- **Katie Logan, Boston**

*"When I first started working with Sarah, I was a burned-out teacher, struggling to find my purpose and feeling trapped in uncertainty. **Sarah's approach, digging deep into mindset, limiting beliefs, and unlocking my purpose, completely changed how I saw my future.***

*Through our coaching, **I gained clarity and confidence to finally pursue my passions.** I worked through fears around money and discovered that what I really wanted was to start my own business. In just five months, I've launched health coach practice and I've already signed my first two clients!*

I never would be here, having admitted to myself what I actually wanted to do with my life, if it hadn't been for Sarah.** I was able to work on so many of my mindset things that have held me back but no longer do. I've spent money, despite it being a huge fear of mine, on coaching, certifications, courses, my website domain, etc. **I've also really shifted my thinking about myself, my abilities as I work on marketing myself and exuding confidence in this career shift.

This has been life-changing. I'm so grateful every day that Sarah and her program is a part of my life! Looking back to when we started working together, it's hard for me to think of anything else in my life that has been as impactful in my personal and professional growth as working with Sarah. If you're on the fence, go for it, Sarah will help you unlock your potential and build the future you actually want."

-Diana Cross, Boston

I spent two years stuck. I knew I wanted to leave teaching. I knew I probably needed to go back to school. But I kept spinning in fear, self-doubt, and overthinking. I felt like a passenger in my own life, constantly second-guessing every move and waiting for the perfect plan to appear.

***Three months inside this program changed everything.** Coaching helped me finally say the hard stuff out loud. The fears I had built up for years shrank the moment I put them into words. They weren't monsters. They were just shadows I hadn't faced yet. That shift gave me the clarity and courage I couldn't access on my own.*

I finally applied to college in my 30s, something I'd avoided for years.** But this time, I didn't need every step mapped out. I just needed to move. I'm no longer waiting for the ideal conditions or obsessing over what might go wrong. **I'm taking action, trusting myself, and leading my life again.

***This wasn't just a career breakthrough. It was a mindset reset. My mental health improved. My confidence came back. I'm not stuck anymore - I'm steering my own ship.** And for the first time, I'm genuinely excited about what's next.*

If you're on the fence about joining, take that as your sign. You don't need a perfect plan. You just need to start. This work will meet you exactly where you are and take you further than you thought possible!



Bella live reflections

- **Bella Rodrigues, Boston**

"Sarah has been instrumental in my search for new opportunities. She provided a (much needed!!) mindset shift as a nonprofit professional navigating a tough job market. She is warm, kind and just "gets" what it means to burnout from a mission driven job. She helped me navigate tough conversations in my position such as pay equity and demanding respect from C suite executives. I am happy to say that these tough but well intentioned conversations paid off as I was promoted in my position this past June while I still look for the right fit within my own career path.

Before, I was so skeptical and I didnt know if I would be able to find another job but you proved me wrong. I am so much more confident in the job search and interview process. People are often skeptical, like why would you work with a career coach, you can find a job online yourself (of course!) But there are so many factors beyond applying on linkedin. You've helped me think outside the box, challenge me, done research and find things I never would have gone for.

Now, I've even been able to help my boyfriend with his job search with what you taught me. I tell people if you have the capacity to make this investment in yourself, it's so helpful. Candidly, I was worried I wasn't able to give 1000%, but even with my busy job I've gotten so much out of it! This was hands down totally worth it.

I am very grateful for my time with her and looking forward to what the future holds as we navigate these uncertain times - together!"

Victoria's Live Reflections

- **Victoria Acosta, LA**

"I had recently lost my job and knew it was time for a major career path pivot. I had an idea of what direction I wanted to head in but wasn't sure how best to go about it. I connected with Sarah and felt from our first call that we would be a good fit. Once we started working together, that feeling was confirmed again and again! Her kind, empathetic, and well organized approach helped me focus and truly shift gears towards a more meaningful career path. Using the tools and guidance Sarah provided, I recently landed an amazing new role! I absolutely recommend working with Sarah - she can help anyone looking to shift their perspective on what meaningful work and life means to them."

And email from Sarah:

Sarah! In the last month since working with Sarah, while I've continued to thaw from the long winter freeze, I've been reflecting a lot on our time spent working together and recognizing just how much your coaching and guidance impacted my perspective. A few things to share and thank you for:

I'm thinking about myself and what I have to share with the world in a whole new, more positive light.



I feel more empowered to share these parts of myself in the context of job searching/career pivoting.

I'm able to better recognize what's valuable to me, both in terms of my career journey and my life beyond work.

While these perspective shifts are perhaps forever in progress, to say I feel more unstuck than ever before is a true understatement. So - THANK YOU!

I'm also very happy to share that as of last week, I was offered the gardener position with the city of Albany and accepted! I am so excited for this opportunity and I feel better equipped to navigate the big changes this position comes with because of the work we did together. Again, thank you thank you thank you.

- Sarah Cameron, New York

*"I've gained a much clearer **career path the aligns with my real self**. Doing the hard work to make that happen...whether through shadow work, ikigai, dream life, nervous system, journaling, reflecting within community. It's been a journey and it has been nothing but supportive and wonderful. It's just the beginning too. I feel like I know me. I know what I want and need; whether be career, relationships, etc. I am building a life where wellness, adventure, and meaningful connections aren't side quests—they're the plot. It's like giving yourself the biggest hug. <3*

*Big things take time. On most occasions, the journey is hard. But you don't have to do it alone; and even though I am not even remotely close to where I want to be, it is all worth it. Each step is worth it. I have always felt more alone when it comes to my values, aspirations, dreams. **Coaching has really helped build my creative juices...and know that what I want is possible**. I've since left a 15 year career in teaching and am on the path to developing my own dating app & taking the next steps in m values aligned career path!*

Sarah you are amazing and I am so inspired by you and the work you're doing :)"

- Jennifer Fortin, Boston

*"Working with Sarah, I navigated my career/life transition with clarity and **secured the job** I had envisioned, as I transitioned from graduate school to full-time employment. **Through coaching, I refined short-term goals, crystallized my life's purpose, and envisioned long-term dreams** while embarking on my final year at Rabbinical School, a rigorous five-year graduate program. Additionally, I aimed to enrich my toolkit with **executive functioning skills**. Through our work together over approximately eight months, Sarah and I delved into each of these aspirations. Yet, the journey unfolded into something **far more profound**.*



Sarah's unwavering presence and ability to meet me exactly where I was at various junctures significantly deepened our work. **Sarah illuminated the importance of self-investment, teaching me to recognize my own worth and the value of granting myself the privilege of a coach.** Though I haven't deciphered every aspect of life, **Sarah's guidance was instrumental in cultivating new emotional, professional, and spiritual tools. These tools fortified my confidence, enabling me to steer the "ship" of my life with greater assurance.**

Our sessions, while **forward-looking and dream-centric, also remained grounded in immediate tasks and professional advancements.** Sarah's multifaceted approach to coaching—**encompassing professional, spiritual, and emotional dimensions—resembles the versatility of a Swiss army knife.** Her holistic strategy has been pivotal in my development, offering a comprehensive framework for growth. While there's much more to share, this encapsulates the essence of our transformative work together. **Sarah's guidance has been a cornerstone in my ongoing journey toward fulfillment and success, and balance in my life.**

-Jacob W, Boston

I believe the best mentors give you the exact amount of space for you to find the answer on your own - and Sarah is just that. She is humble, compassionate, full of empathy, an expert in her work, and an absolute joy to work with. Her deep background in **mental health** is an incredible foundation. **She helped us truly explore ourselves - what we want out of our lives and how we want to live it. Now, we are working remotely as a digital nomad family in South America!"**

[Malka & Elchonon's video testimonial](#)

-Malka & Elchonon Solomon, New Jersey- Mexico

I have had the distinct privilege of working with Sarah for almost five years. During that time, I watched her grow and advance her career as a leader, manager, and a mentor. Sarah's commitment, collaboration, accompaniment, and ability to engage with colleagues and partners across teams, departments, and countries allowed her to develop systems, processes, and people. It has been a pleasure to work with Sarah.

-Judith Thomas



I know what it feels like to want something more - but feel completely frozen in place.

Before I started working with Sarah, I felt like I was in an ice mold. Frozen. I couldn't move, even though I wanted to. I had been doing my business for quite a while - forty years as a therapist and a baker - but I wasn't going anywhere. The months were going by. The years were going by. I tried reading books, I talked to people, I even tried to figure it out myself. But nothing was working. I felt hopeless.

I honestly didn't think anyone could help me break out of that mold. But Sarah did.

*From our very first session, she started gently chipping away at everything that had kept me stuck. **She helped me look at my strengths, my creativity, my vision for life - not just career - and slowly, I began to find a new path forward.***

*Through our work, something completely unexpected came to life: **a gourmet picnic and event design business.** I never would have imagined that. **But it brings together all the things that make me feel alive - beauty, purpose, celebration, and creativity. It lets me use the parts of myself I had buried for so long.***

One of my proudest moments was designing a picnic for a friend's parents' anniversary. I poured love into every detail, and for the first time in a long time, I felt deeply proud of myself. It was the beginning of something that feels like me.

*But the transformation wasn't just about work. It touched every part of my life. **I started having more fun. I brought joy back into my day-to-day. I began to believe in new financial possibilities and in my ability to create something valuable.** I stopped getting in my own way and learned how to move through fear instead of letting it stop me.*

What I've realized is that sometimes we just can't do it on our own. No matter how many books we read or how much we try to figure it out, we need support. We need someone who sees us clearly and believes in what's possible - even when we can't see it ourselves.

That's what Sarah gave me. If you're feeling stuck or scared to make a change, I want you to hear this. It's okay to need help. It's okay to be scared. But it's also okay to believe that something better is waiting for you.

Let someone help you melt the ice. I did. And now I'm not just moving - I'm building something beautiful.

Judy's video testimonial

- Judy Perry

"The job search is emotionally and mentally draining, and having someone by your side throughout it is incredibly helpful. Sarah helped me re-find my confidence in myself and do a lot of inner work to figure out what I wanted. I feel like my mindset has shifted after my coaching with Sarah, and for that I am forever grateful. I was able to detangle my identity from just being my career and figure out who I want to be as a whole person with my job just being one element of that.



As I entered my 30's, this was a shift I wanted to make but was struggling to figure out how, but Sarah helped me navigate this self-discovery. Thank you Sarah for encouraging me to be more than my job, for building me up, and for asking the tough questions I was afraid to ask myself!"

- Lea Simms, Washington D.C.

*"A group of my friends and I met with Sarah for a career/life design workshop as we are all felt uninspired with our careers. Sarah first met with us individually to get to know our story, where we've been, and where we want to go. Then, we met as a group to identify **our strengths, purpose, and career clarity.***

*Sarah is **warm, extremely knowledgeable, encouraging, and an active listener who made me feel heard and supported.** This is clearly **her gift and calling,** and I am so grateful to have worked with her!"*

- Abby Vorenberg, Colorado

*Working with Sarah was exactly the reset I didn't know I needed. **In only six sessions, we uncovered my why and my personal narrative, refined my coaching niche and business direction, and I launched my social media page and landed my first client.***

I don't think I've ever been more clear on what I wanted to do in my life.

When I started this journey, I didn't know how much I needed to root myself in clarity, in my values, in what truly matters. I was always writing and processing and documenting everything. But I wasn't slowing down enough to really hear myself, until I crafted and read my story out loud through coaching and I literally started tearing up.

I felt so far from what I wanted my day-to-day life to be. But reading that story... I finally saw it. It gave me a feeling. It gave me a north star. It gave me something to come back to.

I realized: I'm not pretending anymore. My health and my peace are non-negotiable. I want my daughters to grow up knowing what a safe space looks like. I can't create that for other women unless I create that for them first.

This work helped me see that I already am clear. That my values of joy, peace, healing, purpose are not just words on a vision board. They're the compass for everything I'm building.

And I don't need a website or launch date or anything else to be ready. I can share my voice now. I want to.

This process gave me a moment where I said: I know what I'm doing. I'm okay with the twists and turns. I just won't stray from what matters.

- Nermin Walker, Pennsylvania



*"Working with Sarah exceeded my expectations. I wasn't sure what to expect from coaching, but from the moment our first session began, **she created an atmosphere where I felt completely at ease, safe, and truly seen.** I instantly felt the most secure I had felt all week. In just one session, Sarah **provided me with invaluable clarity on every important aspect of my life.** The frameworks and tools she shared allowed me to immediately and consciously observe how I was living my life. I found myself **operating on a higher plane that carried me through my day-to-day and on a high until our next session.***

*During our second session, Sarah **empowered me with confidence in myself.** She reminded me that everything I need in life, including my values and the choices I make, already resides within me. Through our collaborative efforts, I realized that my inspiration lies in the journey itself, not in reaching the destination. **Sarah didn't force me to change anything I didn't want to, but enabled me to go deeper into what I already love, recognize, and be happy with how I live my life.***

Her approach and frameworks will be helpful for many people, I highly recommend working with her!"

- B.C., Boston

*"Working with Sarah as my life and career coach has been an absolute game-changer, and I can't express enough gratitude for our three months together. **As a mother, wife, and ambitious professional, I strive to be my best self, but there's no way I couldn't do on my own what Sarah helped me do for myself. Before working with Sarah, I struggled with anxiety, family relationships, career satisfaction, and more.** Sarah immediately understood the things I needed to work on while highlighting my strengths.*

Sarah's empathetic and creative approach immediately resonated with me. She not only pinpointed the areas I needed to work on but also highlighted my strengths, making every session feel truly personalized. With Sarah's guidance, I noticed significant progress as I naturally incorporated the techniques we explored.

*Each session with Sarah is structured and specifically tailored to an exercise for me to work through with her. I noticed that as the weeks progressed forward, I innately practiced what Sarah and I had been working on. Sarah set achievable goals for me as well as gave me homework and exercises to help me achieve those goals. Sarah also helped me work on certain relationships that I struggled with and as a result of her guidance and teachings, I feel far more equipped to deal with difficult relationships in my life. **Sarah is a personal coach who cares so much about all of her clients and she is always there for any client in the heat of any moment or beyond.***

Even if you think you have a good life, Sarah will help you uncover areas for improvement and growth. Her expertise and genuine care for her clients shine through in every interaction. Thanks to Sarah's coaching, I now feel like the driver of my life, empowered by the knowledge that I have the tools to navigate the smoothest roads with the most beautiful views. Her creation of a personalized toolkit further reinforces the valuable insights we explored



together. I wholeheartedly recommend Sarah as a life and career coach for anyone seeking positive transformation and a fulfilling journey of self-discovery."

- Marti Schwartz, New York

*Sarah is a **gifted coach in 1-on-1 and small group settings alike**. She is a **compassionate and active listener** who can deftly identify the most generative places to take an idea, feeling, or conversation. Sarah **takes the time to get to know her clients** and is skilled at designing coaching containers that respond to their unique needs and goals.*

*Working with Sarah helped me to **think about my life more holistically and I am better for it!***

- Susannah C.W, Vermont

*I worked with Sarah for almost a year and have great memories of our interactions. She was capable of creating comfortable and safe environments around those she worked with. As a leader, she **provided supportive and thoughtful guidance**, maintaining a cool attitude even in the most difficult situations. She possesses all the qualities needed to be a great coach.*

-Martin de Aubeyzon

"Sarah was a game changer and helped me accelerate my career search progress in ways that I couldn't have imagined! I highly recommend her to anyone seeking guidance during life changes, whether big or small!"

*Sarah was a wonderful and effective career and life design coach. She established a conversational environment of trust and support, listened attentively as I shared my work history and aspirations, and gently asked probing questions that guided me toward goals I hadn't even considered. Sarah **validated all of my concerns** - both about job searching in general and about the coaching process itself - and tailored her approach to my personal needs. Most importantly, she held me accountable for completing tasks that set me on a successful path. She is knowledgeable, thoughtful, and **simply a pleasure to work with.**"*

- A. W., Boston

For additional testimonials, please see my website under the coaching page:

sarahsinger.co

