

Dr. Sarah Bridges, PhD

Speaker, Author, Consultant, Working Mother

[Click for two-minute speaker overview video](#)

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Speaker Bio

It is rare to find a business executive with a Doctorate degree in Neuropsychology and a Master's Degree in Marketing, who dynamically trains top executives and consults with high profile companies, but will comfortably sit barefoot on the floor and sincerely describe how her experiences as a mother have informed her most successful techniques. But Sarah Bridges is anything but common.

Raised by two PhD parents, Sarah spent her childhood in a six-family community near Berkeley, CA. Able to transition seamlessly from commune to corporate life, Sarah puts the highest value on family and lives with her husband and kids just outside of Minneapolis.

Sarah has always chased her dreams, finding her way from a “commune-like” community outside Berkeley, CA to an executive for a \$1.7-billion Fortune 1000 company in the bustling city of Minneapolis, MN.

She ran her first marathon at age 10 and continues to run several each year, including the prestigious Boston Marathon – she qualified for Boston yet again this year.

Sarah balances the many facets of her life with a sense of uniqueness and adventure one could only learn through her vast experiences. Whether it was becoming a mom, finishing her doctorate, appearing on national TV shows, working as a board member of Opportunity Partners, or stepping into a national advocacy role on behalf of her son and other kids with disabilities, Sarah has found success in nearly every realm she has entered.

Honing her keen public speaking skills over the past decade, Sarah has presented to audiences large and small at venues across the country, including at the University of Minnesota, her PhD alma mater. Sarah earned her MBA from Benedictine University in Chicago and her B.A. from Wesleyan University.

Following her B.A., Sarah completed a predoctoral fellowship through the National Institutes of Health and became a postdoctoral fellow through the Alzheimer's Association. As an official Blue Zones speaker, she speaks frequently about living life longer, better. Sarah's diverse background allows her to tailor programs and speech topics to any group or individual, from local parents to high-level business executives.

Examples of available speech topics: www.sarahbridges.com/speaking.html

Videos of highly-requested topics: www.vimeo.com/freerangelives

[Live Longer Better – Official Blue Zones Speaker](#)