

Dr. Sarah Bridges, PhD

Speaker, Author, Consultant, Working Mother

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

Blog: www.FreeRangeLives.com

Email: sarah@sarahbridges.com



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 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 has always chased her dreams. She spent her childhood in a six-family community near Berkeley, CA, before transitioning to corporate life as an executive for a \$1.7-billion Fortune 1000 company in Minneapolis.

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

Finding balance throughout her life experience is one of the many lessons she shares in her speaking engagements and everyday conversations. Whether it was becoming a mom, finishing her doctorate, appearing on national TV, working as a board member of Opportunity Partners, or stepping into a national advocacy role on behalf of her disabled son and other kids with disabilities, Sarah has found success in nearly every realm she has entered. Sarah is honest about the struggles that led to that success.

Over the past decade, Sarah's presented to audiences large and small, across vastly diverse populations. Her background allows her to tailor programs and speeches to almost any group or individual, from local parents to high-level business executives. As an official Blue Zones speaker, she speaks frequently about living life longer, better.

Years after earning her Ph.D in neuropsychology from the University of Minnesota, she returned to the campus not as a student, but as a presenter. After earning her B.A. from Wesleyan University, Sarah completed a predoctoral fellowship through the National Institutes of Health and became a postdoctoral fellow through the Alzheimer's Association.

In addition to informing her speaking and consulting, Sarah's interest in the field of psychology and human development extends to her writing, with investigative articles and personal essays published in the Washington Post, Mothering magazine and SEED magazine, among others.

Her memoir, "A Bad Reaction," and popular keynote address "Lessons I Learned from My Disabled Son," focus on her experience raising her son Porter - one of six children in their blended family. In her inspiring weekly blog "Free Range Lives," Sarah engages readers with a unique blend of humor, personal life lessons, and the science behind living well.

With genuine care and compassion, Sarah's mission is to share a unique set of lessons and coping skills so that others may find benefit from a lifetime of rich experience, including its triumphs and its mis-fires.

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](#)