

Katherine M. Sauer, PhD

speaker 🌱 coach 🌱 writer

leadership & vitality
for achievers on a mission



panels 🌱 workshops 🌱 keynotes 🌱 facilitated discussions

Katherine M. Sauer, PhD, is an award-winning presenter with 25+ years of experience delighting and challenging audiences. She brings enthusiasm and levity to her educational presentations and insightful perspective to her discussions and keynotes. She founded Burnout Proof Leaders, a holistic leadership development firm, to help high-ambition, mission-driven, millennial and gen z achievers thrive in leadership roles without sacrificing their well-being. Her quick, calming, workday-focused guided meditation tracks are available on the free Insight Timer platform. Katherine has held leadership roles within a national nonprofit, an investment advisory firm, and in higher education administration. She has been coaching since 2016.

Areas of Expertise

- modern leadership skills & practice
- high-achiever burnout & resilience
- work-life harmony
- purpose & fulfillment through work
- energy vitality

Delight your audience with a fresh take
on holistic modern leadership.

Topics Your Leaders Will Love

- cutting-edge leadership proficiencies like embodied leadership, intuitive intelligence, situational presence, and personal energy awareness
- leveraging the leadership context trifecta (i.e., lead-manage-do)
- cultivating holistic well-being across the physical, mental, emotional, and spiritual
- strategies and tactics for everyday workday vitality
- establishing, maintaining, and drawing wisdom from your highly-tuned inner compass
- the *Aligned Action* framework for leading in alignment across inner wisdom, vitality, and responsibilities
- the design and pursuit of a life well-lived as a necessary component of modern leadership



Burnout Proof Leaders

Book Katherine for Your Next Event

Hello@BurnoutProofLeaders.com