

# The Two Sarahs

*As experienced public speakers, The Two Sarahs bring engaging topics to audiences all over the globe, captivating participants with authentic, actionable discussions.*



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**The Two Sarahs** have presented across the globe on topics ranging from technology and higher education to resilience and leadership. Known for adapting technical content to be applicable and actionable, they are seasoned speakers who connect with their audiences through interactive content, engaging delivery, and impactful topics.

Both have their PhD and have decades of combined experience as leaders, managers, and mentors in STEM.

The Two Sarahs have consulted and collaborated together on dozens of projects, building their own resilience as they worked to support and mentor new generations in business and in academia.

They combine their individual experiences—of starting their own company, of being a faculty advisor, of developing curriculum for undergraduate and graduate students, of serving on the board for numerous nonprofit organizations—to build content that instructs and inspires the next generation.

*Need an engaging event speaker? Learn about  
The Two Sarahs' captivating storytelling process and how  
they can deliver content virtually or in-person.*

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# TOPICS:

Resilience | Performance and readiness | Mindset and motivation

Communication | Writing training | Virtual communication and collaboration

Training & Learning | Active learning | Technology in training and education

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## SESSION EXAMPLE

Title: **Reframing for Resilience** | Session Length: 60 minutes

**Targeted audience:** Resilience-seeking leaders and emerging leaders. Anyone seeking a course correction or a change in strategy, looking for support or more ways to support others, and/or interested in creating the best future for themselves and their community.

**Session description:** Resilience is a must-have skill in 2021. But the way someone shows resilience is as distinctive as a fingerprint.

Your individual ability to acknowledge difficulty, to persevere through challenges, and to demonstrate toughness is as unique as you are. As with any leadership skill, one way to exponentially increase it is to practice it in a way that aligns with your strengths and experiences.

So which resilience strategies work best for you? In this interactive presentation, the 'Two Sarahs' lead participants through a reframing exercise designed to discover, encourage, and support each individual's resilience during difficult times. The presentation will shine a light on valuable transferable skills and strengths that participants can call on when they inevitably work through challenges.

At the end of the session, participants will feel empowered to try new strategies—ones that align with their individual strengths and experiences—for dealing with the forces that impede our work, stifle our creativity, or keep us from starting in the first place.