



# Sara Oliveri

## Coaching & Consulting

Sara is one of less than 300 people in the world to earn her Master's degree in Positive Psychology – the scientific study of optimal human functioning.

The goal of positive psychologists is to discover and promote the conditions that allow individuals, relationships, and organizations to thrive.

### Personal Services

**Life Coaching** - Sara helps individuals achieve their fullest, most satisfying life. Most coaching clients are thriving in many areas of life but feel they are lacking something important. Sara's approach is to help clients apply their own strengths in new ways, as well as guiding them through changes in thinking and behaving that will enrich their lives.

**Relationship Coaching** - Sara helps couples achieve their happiest relationships. She teaches partners to amplify what is good in their relationship, as well as guiding couples through shifts in behavior and communication that will help both partners to feel more satisfied and secure.

**Lifestyle Coaching** - Sara helps individuals achieve their healthiest life. For clients trying to make a lifestyle change, Sara provides practical, step-by-step guidance. She combines her knowledge of positive psychology with her experience as a fitness professional to help clients identify and stick with realistic routes to their health goals.

### Corporate Services

**Business Management Consulting** - Sara helps managers build thriving businesses. Based on market research and positive business management studies, Sara coaches managers to make simple, powerful shifts in management practices that will engage employees, impress clients, and boost the bottom-line.

**Busy Professional Coaching** - Sara helps ambitious professionals enjoy a higher quality of life – without working less. Since it is unrealistic for most professionals change their hours, Sara teaches clients practical skills to help them make more of the time they do have for themselves and their loved ones.

### Who are my Clients?

- 1 Individuals who want to **experience greater fulfillment** in at least one important part of their lives.
- 2 **Couples who want to deepen their connection**, enjoy each other more, or develop the skills to stay together.
- 3 Individuals who want to make a **significant lifestyle change** in order to improve their health. (i.e. weight loss, exercise, dietary change, stress management, etc.)
- 4 **Managers or executives** who want to **increase profit** and retention by cultivating greater engagement amongst employees.

Could you or someone you know benefit from Sara's services?  
To learn more, email [oliveri.sara@gmail.com](mailto:oliveri.sara@gmail.com) or call 202-681-5483.

[www.saraoliveri.com](http://www.saraoliveri.com)