

Sara Ross Introduction

In a world where we're all wrestling with growing complexity, rising demands, and relentless change—*what would be possible if we could harness the full potential of those around us, while bringing our best forward?*

That's exactly what today's speaker is here to help us explore.

Sara Ross is a leadership and workplace expert, the author of the bestselling book *Dear Work, Something Has to Change* and the Chief Vitality Officer at the leadership research firm, BrainAmped.

Named a 2023 Woman of Influence by SUCCESS Magazine and one of the world's Top 30 Speakers by Global Gurus for 2025, Sara brings her innovative perspective and science-backed approach to organizations like Microsoft, Deloitte, the American Medical Association, and the U.S. Navy.

Please join me in welcoming Sara as she helps us decode the science of excellence and gives us a blueprint to work, lead and live in more vitality-fueling, human-centered ways.