

Sara Deacon

KEYNOTES & WORKSHOPS



DRAMA DETOX: ELEVATE YOUR INTERACTIONS

In her signature talk, "Drama Detox: Elevate Your Interactions," Sara enlightens, entertains and equips audiences with practical ways to transform conflict into cohesion. Eliminate misunderstandings, increase morale, improve productivity and reduce turnover before it affects your bottom line.

Audiences will learn:

- What's wrong with drama
- What is (and isn't) drama
- The three roles people play in the drama triangle and why
- How to get other people (and yourself) to avoid drama and get out of it faster when it can't be avoided

Your audience will leave inspired to challenge their own roles, prepared to hold each other accountable and armed with simple and effective strategies to turn down the drama around them.

PLUS, Sara will invite you to take the **21-Day Drama Detox Challenge** as a way to put your learning into action and continue to improve communication in your professional and personal relationships!

ABOUT

Sara Deacon, known as The Adulthood Coach, is an international speaker and communication consultant. She has been described as "an inspiration," "a ray of sunshine," and "intuitive and personable."

Bringing humor and fresh perspectives from her experience working with teens and young adults, she understands that the main differences between work drama and high school drama involve the amounts of coffee, memes and eyerolls. When it comes to getting people together for a common goal, personalities will clash, assumptions will be made and drama will arise. Sara helps to transform these challenges into opportunities to create harmonious and productive organizations.



Sara's enthusiasm was infectious! She created a fun and engaging atmosphere.

— Terra Beaver



CONTACT SARA

(414) 369-7333

sara@saradeacon.com

saradeacon.com



@saradeaconcoach

#adulthoodisfun



Sara was so engaging! She was natural in front of the crowd and quick on her feet, intuitive to the audience, and gave us so much fun energy!

— Abigail White

