

SARAH TAYLOR

21 x World Bodybuilding Champion, International Speaker, High Performance Business and Health Coach, Mentor and Nutritional Healer

Sarah is passionate about helping people with their health, nutrition and achieving their own transformations. Living by her motto 'It's never too late, start today'

THE BACK STORY...

Sarah Taylor is a champion in every sense of the word. An extremely high performer in her corporate career as Chief Operations Officer (COO) and Chief Technical Officer (CTO) for one of Melbourne's hottest startups, a sought after performance coach for business leaders, international speaker and a 21 x World Bodybuilding Champion, Sarah's journey to the top is nothing short of incredible.

Classified as obese at age 40, she lost 25kg without dieting whilst 'getting fit to climb a mountain'. Whilst simultaneously working a high profile job, running 3 active blogs, trying to carve out a side hustle as a photographer and running a digital magazine, her world crashed around her – diagnosed with depression, a crashed hormonal and thyroid system, so many injuries from overtraining and double shoulder surgery, she completely burnt out emotionally, physical and mentally. Resolving to fix things herself she returned to the evidence based lifestyle strategies she'd developed to lose weight, accidentally getting into bodybuilding at 42, and 10 weeks later winning at state level at her 1st show before going on to clean sweep 11 of 11 amateur world titles at age 45 and another 8 professional world titles (+2 more amateur titles for good measure...!) by age 50.

Sarah is no slouch in the IT World either – with over 25 years experience in the full vertical stack of every hands-on technical and business role within the IT industry. With a proven track record in the end-to-end delivery of large scale projects across multiple industries, Sarah transformed the entire culture of a company within 3 weeks, increasing productivity by 4 x, throughput by 5x, delivering 120% more features with a smaller team than had been achieved in the entire previous 2 years

Sarah considers herself a high performance person and attributes the application of the discipline and consistency of her physical training and focus on optimal nutrition as being the reason for accelerating her rise to the top in the corporate world whilst simultaneously growing her health coaching, bodybuilding coaching, mentoring and speaking business.



"Optimal Health leads to Optimal Business Performance"

IDEAL FOR THESE AUDIENCES

- CEO's
- C-Suite Executives and Leadership Teams
- Professionals
- Business Leaders and Entrepreneurs
- Health Industry
- IT Industry
- Women in IT and Business

TALKING POINTS

- 9 Keys to Peak Performance
- How you too can 'Become Unstoppable'
- Creating High Performance Health for a High Performing Business
- How to transform your life for the better, forever - without dieting
- Communication secrets for Authority and Leadership
- Transform your business from the inside out
- How to unlock the most overlooked tool in business today - human performance
- Training you way to Business Success
- How to attain and maintain peak performance through a combination of mindset, nutrition and exercise habits.

AS FEATURED HERE:



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CONTACT DETAILS

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