hi!



SARA REGAN

Sara is a Gallup Certified CliftonStrengths® Coach. She is especially beloved by teams who need a calm, warm facilitator to turn busy anxiety into productive strengths.

CliftonStrengths

- Strategic
- Relator
- Individualization
- Connectedness
- Learner

BIO

As a CliftonStrengths® trainer, she helps people leverage their unique talents so they can have greater impact and find meaning in their work.

She's a Gallup-Certified Strengths Coach. Her background in psychology explains why she's obsessed with human potential. She often serves as a "strengths translator" who can jump start communication and understanding in critical relationships at the office.

Her authentic and trusting style puts others at ease so they can have the conversations that matter most at work.

Check out her style as a StrengthsFinder facilitator by watching her interview playlist.

Education Highlights

Master's Degree in Counseling Psychology

Former Dean at Berklee College of Music

Bachelor's Degree in Music

Fun Facts

Sara is kept busy with 3 teenagers and 2 small dogs (who have big personalities!). She plays the piano and sings with a semi-professional choir. Sara is based out of Boston, Massachusetts, USA.