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Dr. Sara Shondrick, ACC, is a leadership coach and consultant with over 15 years of experience working with executives from startups to multinational organizations alike. She adopts an evidence-based approach to boost employee motivation, engagement, performance, and well-being. As a leadership coach, she specializes in coaching leaders and other high performers to break out of the burnout cycle, break up with perfectionism and “not enough-ness,” and create a purpose-driven life. She is the founder of Mix Talent’s leadership coaching practice, and she previously led internal talent management and talent analytic initiatives at Novo Nordisk and Johnson & Johnson. Sara earned her Ph.D. in I/O psychology from The University of Akron and earned an executive certificate in leadership coaching through Georgetown University. She is also an accredited coach through the International Coaching Federation. Sara is a published author of top peer-reviewed journals including *The Leadership Quarterly* and regularly facilitates conversations and presentations to diverse professional audiences.