

**SINGLE  
MOMS  
ASK** Sara™  
Priorities and Plans for a Kick Ass Life

## How to Create a Kick Ass Life

**Sara Sherman, Founder and CEO of Single Moms Ask Sara**, has been single “momming” for over 20 years. Using proven practical techniques Sara Sherman “shows” single moms how to rule their world, achieve their goals, and turn their families into productive and effective goal oriented teams. She is known as the “Single Mom Sensei” and is devoted to the millions of single moms around the world and audiences find her to be an inspiration, time and again exclaiming, “This is exactly what I needed!”



Sara provides her audiences with the tools and training to create *Priorities and Plans for a Kick Ass Life*, They'll learn how to:

- Take the reins and steer their life and family forward
- Stop second guessing themselves and develop and trust their gut
- Live their lives proactively rather than reactively
- Move from overwhelmed, frustrated and stressed to motivated, peaceful and joyful

For Booking Information, please contact  
Sara@singlemomsasksara.com

# Meet Sara!

Sara's single mom journey started while she was still in college. Instead of dropping out she forged on, working full-time and found a way to continue attending class (often with her child). She eventually earned not only her Bachelor's Degree but a Master's as well (now with 3 children in tow). She's been on the same life



rollercoaster as other Single Moms, but has followed her personal philosophy of "parenting is a verb, You DO IT". She's gained success both personally and professionally and inspires other single moms to create their own "Kick Ass Life"!

Here's how to get Sara's expertise:

- Key note presentations: Sara delivers high profile speeches at conferences for organizations, universities and women's groups
- Custom webinars: Sara works with you to define the desired take-aways and create informative, visually interactive webinars to match your audience's needs
- Workshops (1/2 day and full day): Sara can work with you to develop workshops that provide the tools and training your audience needs to define their priorities and plans and move life in the direction it was meant to go.

Sara has shared her expertise at these fine organizations:



GEORGIA DEPARTMENT  
OF COMMUNITY HEALTH

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