

Sarah Grynberg

Mindset Coach, Speaker and Podcast Host

A keynote speaker and mindset coach, trusted by leading businesses, elite athletes, and high-performing individuals to transform mental roadblocks into clarity, confidence, and lasting success. Sarah Grynberg has delivered powerful keynotes for major brands and organisations including Business Chicks, Kailo & Goop, YPO, Seeker Agency, and leading media and corporate groups across Australia.



Sarah is known for creating deep connections, sharing practical mindset strategies, and leaving audiences and businesses not only inspired to act but equipped with tools and insights to make real, lasting changes in their lives.

As an in-demand mindset coach, Sarah works closely with professional athletes, executives, and business owners to help them overcome rumination, self-doubt, and unhelpful thinking. Using science-backed tools and proven daily practices, she empowers individuals and teams to reclaim their focus, energy, and emotional resilience, especially during times of stress, burnout, or transition.

She is also the creator and host of A Life of Greatness, one of Australia's most successful lifestyle podcasts, where she has interviewed some of the world's leading minds including Matthew McConaughey, Geena Davis, Andrew Huberman, Mel Robbins, Simon Sinek, Deepak Chopra, Esther Perel, and Daniel Ricciardo. With millions of listeners and a loyal following, her platform reaches people across industries who are ready to think differently and lead with purpose.

An exceptional facilitator with a rare ability to guide meaningful, engaging conversations on stage. She has toured nationally with high-profile guests, leading powerful, sold-out Q&A experiences that leave audiences deeply inspired.

Sarah's bestselling book, Living a Life of Greatness, captures her most powerful insights and offers a clear roadmap for overcoming overwhelm and creating a life filled with clarity and meaning.

With her calm presence, practical wisdom, and emotionally intelligent delivery, Sarah brings not just a talk, but a transformational experience.

Sarah Grynberg Talks About

How to Live a Life of Greatness

Based on her bestselling book, this keynote explores how to move beyond external expectations and create a meaningful, purpose-led life. Sarah shares core principles that form the foundation for clarity, resilience and fulfilment, supported by tools drawn from her podcast and mindset coaching work.

Key Takeaways:

- Frameworks to reconnect with purpose and values
- Mindset habits that stop rumination, break the cycle of negative thinking, and promote calm, focus, and lasting confidence
- Practical actions to reduce burnout and regain direction

The Confidence Shift: How to Trust Yourself and Lead Authentically

In high-performance environments, it's easy to get caught in the loop of people-pleasing, second-guessing and external validation. Sarah shares a mindset framework to shift from self-doubt to self-trust, drawing from her work with executives, athletes and creatives.

Key Takeaways:

- How to recognise and reframe limiting beliefs
- Tools to build self-trust and reduce performance anxiety
- Strategies to lead and communicate with conviction

Elevate Team Performance Through Mindset

Drawing on her experience coaching elite athletes and senior leaders, Sarah explores how mindset shapes performance, cohesion and culture. This keynote gives leaders and teams practical strategies to maintain energy and alignment in high-pressure environments.

Key Takeaways:

- Techniques to shift team mindset from reactive to focused
- Rituals and habits that support collaboration and wellbeing
- Insights to build a values-driven performance culture

Testimonials

“ I’ve had the privilege of working alongside Sarah Grynberg at multiple events. She is not only the consummate professional onstage, captivating audiences with her storytelling and the lessons she imparts, but she’s also a delight to work with offstage. Sarah has a very calm way about her and an inner wisdom that instantly puts you at ease. She’s always so well-accepted by our community and guests and we’re very grateful for her commitment and ability to

inspire!

- Business Chicks

“ Her authenticity, generosity, and passion resonated with our guests, leaving everyone inspired and excited to create their own life of greatness. Sarah gifted everyone a copy of her book - and guests were all desperate to start reading it. Sarah’s energy and passion is truly infectious and you can’t help but feel empowered after listening to her.

- Kailo & Goop

“ Sarah's ability to share practical practices and habits that cultivate greatness is matched only by her innate talent for creating an environment where attendees felt safe to explore and grow, the audience not only felt enlightened but also uplifted and ready to embrace their full potential.

- Athleisure

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[VIDEO OF SPEAKER](#)