

PRIME SPARK

How to Stay Relevant in a Quickly Changing World

As women, we reach a pivotal moment in our lives and think “I know there’s more for me to do.” But the world has told us something different. Once we reach a certain age, society tells us that we are becoming useless and irrelevant. Because of these messages, life can become a downward spiral as women get older. But perhaps as they age, women become MORE relevant because they have the most skills, experience and deepest wisdom they’ve ever had.

In this talk, Sara Hart shares the secret to staying relevant in a quickly changing world, and it starts with your inner spark. Your inner spark reignites that flame inside of you, and finally helps you make the contribution you’re yearning to make. Let’s ignite your Prime Spark.

LENGTH OF TALKS AVAILABLE



Keynote
45-75 mins



Breakout
30-60 mins



Workshop
2-4 hours

WHAT WE'LL UNCOVER TOGETHER

- Learn the 3 keys to staying relevant as a woman 55 and over in a quickly changing world
- Break through the stories and messages older women hear every day that hold them back
- Explore your inner spark and uncover what’s possible for you



"Wow, Sara Hart is such a motivating speaker. She’s not only amusing with her lighthearted anecdotes, but I feel empowered to go and conquer my biggest challenge as I move into my next exciting stage of life."

— Renee, Member Services Coordinator

