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SARAH WELLS

Sarah Wells is a respected speaker, coach, and former Olympic hurdler whose career is defined by a decade of elite competition and a master's degree in leadership. Driven by a deep commitment to understanding what truly fuels human performance, she has dedicated more than ten years to uncovering the core elements of excellence—and helping others embody them in their daily lives.

Sarah's philosophy is rooted in the belief that excellence is not about perfection, but about breaking free from limiting beliefs, daring to defy expectations, and consistently striving to outperform the person you were yesterday. She champions the idea that excellence is accessible to everyone and becomes transformative when people pursue bold ideas, challenge the blueprint, and commit to doing the small things exceptionally well.

Known for her compelling storytelling and practical, energizing strategies, Sarah empowers audiences to discover their own version of excellence, turning obstacles into opportunities for growth and lasting success. Her dynamic presence has made her a sought-after keynote speaker for organizations looking to elevate performance, resilience, and mindset.

When she's not on stage or traveling for events, Sarah can be found at home with her husband, Blake, and their daughter, Everleigh. A self-proclaimed chocolate chip cookie connoisseur, she's on a mission to find the best one in every city she visits—usually fueled by more cups of coffee than most people would dare to count. And while she once trained as a world-class athlete, Sarah now embraces life as a weekend warrior—with a few extra cookies in hand.