



www.sarahglova.com

Sarah Glova, PhD

Unlocking communication skills
for audiences across the globe.

SPEAKER CATALOG

Hi. I'm Sarah!

SPEAKER & FACILITATOR

I'm on a mission to help people communicate better at work. Communication skills unlock doors—they can help you build better relationships, earn promotions, attract clients, recruit support for your projects, and so much more. But most of us haven't had enough training on **how** to communicate—strategies for communicating effectively and efficiently across meetings, emails, presentations, and pitches.

We know **why** it matters—organizations with effective communication see a 4.5-time increase in employee retention and a 47% higher return to shareholders in a five-year period. Employees with strong communication skills are more likely to get hired, get promoted, and have strong performance reviews. What we're missing is the **how**.



Dr. Sarah Glova is a globally recognized speaker, successful entrepreneur, university instructor, and business consultant. She is known for translating the practice of communicating at work into an engaging, memorable discussion for all skill levels.

Dr. Glova is CEO of the award-winning e-learning firm Reify Media and a technology reporter for WRAL TechWire. With a Ph.D. in Instructional Technology and a master's in Technical Communication, she is dedicated to cultivating forward-thinking work environments.



MISSION

Use storytelling, humor, and accessible language to help people learn how to communicate better at work.



SERVICES

Keynotes, workshops, training programs, and facilitated panel discussions — all designed for your business requirements. Customized for professional organizations, technical conferences, undergraduate and graduate student groups, and more.

Live, virtual, and hybrid formats available.

Client Testimonials

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"She is an excellent speaker; she can present on the most technical topic but make it engaging for your audience. Book her for your next event."

*Caroline Griffin,
Manager of Conferences &
Events at Type A Events*

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"I always make time on my calendar to attend meetings where Sarah is speaking. Her sessions are well-organized and engaging. She really is one-of-a-kind!"

*- Daisy Magnus-Aryitey,
Co-Executive Director at
Code the Dream*

Topics

SARAHGLOVA.COM

Bringing **the practice of communicating at work** to life with powerful storytelling.

Hire Dr. Sarah Glova to speak at your next event! (Available for keynotes, panels, and training sessions, with both live and virtual options available, all customized to your unique audience.)



Communication

The CORE Method: How to win with better communication at work

Unlock your communication skills with The CORE Method, a breakthrough strategy for professional communication. In this interactive presentation, you will discover powerful tools to help you communicate your ideas, generate support for your work, and collaborate more effectively—with tangible takeaways you can begin using immediately.

Writing for the Edge: The missing instruction manual for how to write at work

Write more efficiently, save time, and earn positive replies! This talk was designed for busy professionals who don't *love* to write—but who would love to have better strategies for managing email, communicating ideas, and getting people to *reply back*.

Speaking Up at Work: How to contribute and lead with confidence

The missing instruction manual for how to speak up at work! This talk was designed for busy professionals who don't *love* to present—but who would love to have better strategies for giving presentations, facilitating meetings, communicating as a leader, and more. Learn simple strategies to become a more effective speaker at work.

The Language of INNOVATION—Beyond the Buzzword

In this interactive session, you'll practice new strategies for cultivating an innovative mindset that's as unique as you are! You'll leave this session a blueprint for how you can speak the language of innovation in your work.

for Students

Professionalism 2.0: Leading with professional communication

While your degree may get you hired, your communication skills will get you promoted! Let's focus on professional communication skills: tips for writing and speaking with confidence, delivering efficient communication at work, and developing a reputation as an effective leader and manager. This session will introduce you to crucial communication skills that will prove vital throughout your career.

Curating a Professional Online Presence with Social Media

The time to build your network is not when you need your network! Whether you're pursuing academia, industry, or public service, social media can be a valuable tool. You can harness social media's networking power—without spending too much time and energy—to launch your career and research goals.

for Leaders

The Ally Strategy: How to include, empower, and ignite allies

How can YOU as a leader support "Speak-Up Culture," a healthy environment, where team members feel empowered to share their ideas, opinions, and concerns? Learn new strategies for empowering allies, with the goal of creating an engaged culture.

Personal Branding: Marketing yourself for career advancement

Whether you're actively looking for a new career or focused on building your reputation and network, this session will give you actionable strategies for communicating who you are and what you can do in a way that works for your unique communication style.

The Art and Practice of Resilience

Resilience isn't something you have—it's something you grow. In this empowering session, participants consider what resilience means—and what skills they already have that can help them to be resilient.

and More

Fight 'Advice Culture': Build a stronger company culture by fighting "advice"

What is the difference between advice and feedback? We like to be helpful, but if that "help" is "advice," then research shows it may be doing more harm than good. This talk explores the quiet risk of "advice culture"—environments that become toxic due to power struggles related to advice. With a look at how you can identify your own behavior, this session discusses strategies to combat "advice culture," with the goal of fostering a more productive, innovative culture where everyone can thrive.

Putting Customers at the Center of Innovation Efforts

Today's rapidly-paced digital world values **innovation** as a key to success. But we're seeing a new trend—today's most innovative companies are the ones that can adapt rapidly to marketplace needs *while staying true to their customers*. What are the best practices for this kind of customer-first innovation? In this session, we'll talk about important communication practices that help today's top companies to foster customer-focused innovation, and we'll explore how we can apply those best practices to drive innovation forward in our products and services.

The Fundamentals of Entrepreneurship in the Age of Digital Transformation

Equipping the next generation of entrepreneurs with the fundamentals they need to harness disruptions and tech trends in their startup ventures, this talk explores both best practices and new practices for entrepreneurship. While best practices and fundamentals are important, this session also offers an empowering look at how a new generation of entrepreneurs is changing the face of startup culture in the age of digital transformation and modern business models.

Mental Health in Hustle Culture

What does mental health look like in today's "hustle" culture? According to a study by the National Institute of Mental Health, 49% of entrepreneurs deal with mental health issues directly. But for many entrepreneurs, traditional mental health resources—like HR departments or paid leave—are not available. What lessons can we learn from successful entrepreneurs who have prioritized mental health? How can we support the unique mental health needs of entrepreneurs?