



# SPEAKERS BUREAU



## Presentation Information

Presentation Category	Executive Leadership
Presentation Title	Leading Well
Presentation Length	4, 6, or 8 hours
Presentation Objective	A healthy law enforcement culture begins with healthy leadership. For a leader to lead well, they must be well. This presentation aims to help leaders restore their wellness to lead their best and create healthy cultures so all those they serve - both inside and outside their agencies - can thrive.
Presentation Description	This is an engaged and interactive presentation and may include topics in five domains of wellness (physical, spiritual, social, cognitive, and psychological), depending on the needs of the audience and available time. At least four hours is needed for an introduction to all the domains and six to eight hours allow for participants to practice and discuss the practices in small groups.
Speaker Name & Session	Sarah Draper
Speaker Phone Number	(703) 895-3875
Speaker Email	sarah@leadingwellstrategies.com
Speaker's Biography	Sarah G. Draper is a retired FBI Supervisory Special Agent, having spent 20 years in the FBI serving in Oregon, Virginia, and Idaho. Prior to the FBI, she was an officer in the U.S. Army Military Police Corps for eight years and served in Germany, South Korea, and Washington, and led units on deployments to Croatia and Kosovo. Sarah has a B.S. in Environmental Science from the U.S. Military Academy (West Point) and an M.A. in Organizational Leadership from Gonzaga University. She has certifications as a Positive Psychology Practitioner, a Resilience Practitioner, and a Health and Well-being Coach, and an Executive Certificate in Business Communications. Her final FBI assignment was as an instructor at the FBI 2 National Academy,

	<p>where she taught courses in leadership and wellness, allowing her to share her enthusiasm for leadership development, mindfulness, positive psychology, and well-being. Sarah is married with two teenage daughters and her family lives in Boise, Idaho, where she founded Leading Well Strategies LLC to help leaders both be their best and create cultures in which others also thrive.</p>
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