



Women IN Energy announces their Preferred Partner: Sara Armstrong

Chief of Energy Transformation and Founder of Idea of You Coaching, Sara Armstrong, is a preferred partner of Women IN Energy.

As a leading force in our community and her household, Sara understands how to leverage your vision for success in accordance with your high achiever energy to spark growth in your career, team, and life in general.

Her unique approach to cultivating transformation utilizes a focus on understanding your personal energetic makeup in order to enhance your leadership skills to thrive in any environment. Having worked with a number of our members, Sara has the ability to support individuals and teams alike to gain awareness into how they are leading in their careers in order to facilitate growth, continuity, and increased levels of productivity in all areas.

You power the world, what powers you? Let's find out!

CONTACT SARA DIRECTLY AT SARA@IDEAOFYOUCOACHING OR VISIT IDEAOFYOUCOACHING.COM/ENERGY.

More about Sara...

Chief of Energy Transformation, Sara Armstrong, has spent nearly two decades as a coach, trainer, and leader in business development supporting her teams and clients to step into their power.

An energy enthusiast who illuminates any environment with her positive spirit; Sara is passionate about the *Idea of You* - who you are, and who you have the potential to become. As your personal cheerleader, consultant and accountability partner; she believes in you 110% and knows you have everything you need to accomplish the major goals you have set in your career.

Sara works with clients, teams and individuals, to grow their leadership skills by understanding their energetic makeup in order for them to show up boldly confident. In doing so, a ripple effect of lasting

organizational change, as well as, positive community impact ensues. She is privileged to have had the opportunity to engage in this transformal work with a number of cooperatives around the state including Hendricks Power Cooperative, Decatur County REMC, as well as, the Midcontinent Independent System Operator (MISO).

Her credentials and accolades include a professional coaching certification through both the Institute for Professional Excellence in Coaching (iPEC) and the International Coach Federation (ICF), as well as, a Master Certification in Energy Leadership (ELI-MP). Sara currently serves on the Board of Directors for the International Coaching Federation's Indiana Chapter as the Membership Director and holds too many leadership awards to count.

A Hoosier native, having grown up throughout central Indiana, Sara graduated from Indiana University with a degree in Public Health Administration. She currently lives in Carmel, IN with her Husband, two kiddos, and two fur babies. In her free time, Sara enjoys exploring her own backyard, outdoor concerts, and continues her journey to *Become Her TRUE Self* each and every day.