

# Sarah Hines

SPEAKER | COACH | RITE OF PASSAGE

I speak about what most leaders and men are rarely taught to face: grief, desire, and the reckoning that comes when the roles that defined them shift or end. My work explores how these hidden forces shape leadership, legacy, and the ability to live congruently. By bringing them into the open, I offer leaders a clearer path to presence, resilience, and influence that endures beyond any title or mission.



## Leading Through Loss

Loss is not just personal, it shapes every workplace and every leader. Drawing on decades of grief advocacy and trauma-informed practice, Sarah shows how leaders can recognize hidden losses, support their people, and model resilience without losing themselves in the process.

## The Weight He Carries

Men are often trained to lead through silence, grit, and control. This keynote explores the unseen costs of those strategies and how leaders can face the burdens they have carried such as anger, shame, responsibility, and desire in order to lead with congruence and humanity. It invites leaders to remember who they are beyond the roles they hold and to step into leadership that is both honest and enduring.

## Legacy Beyond the Role

Titles, careers, and missions end. What remains is the legacy of how a leader carried themselves and what they chose to pass forward. This keynote helps leaders distinguish between what was sacred, what was survival, and what still belongs, and in doing so to create a legacy that outlasts any role.

## Life After Divorce: Remembering Yourself

Divorce marks more than the end of a marriage. For men, it often raises questions of identity, purpose, and who they will be in the life ahead. This keynote explores the emotional landscape men face during divorce and offers a framework for understanding the different parts of themselves, creating a path toward living with greater congruence.

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HUMAN CONNECTION MOVEMENT



NHNSA Nursing Homes of Nova Scotia Association

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Toronto Metropolitan University

*"Something just clicked everything into place. I am working through some big changes and seeing it through this lens makes it so much clearer than ever before. Thank you."*

*"I never thought about it as congruence. As something I could even align with. It was always just my duty. Today, I'm seeing things differently and am able to carry it better."*

*"I thought it strange listening to a woman talk about masculinity. But hearing Sarah speak about personal choice and alignment feels like something the whole of our culture needs to hear."*

## Contact

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