Sarah Schultz, J.D.

Sara Schultz helps leaders and teams align purpose, culture, and performance. She partners with clients to strengthen the connection between leadership behavior, team dynamics and organizational results — drawing on a career leading HR and talent functions in complex, high-performance environments.

Sara has worked across industries as diverse as sports, media, telecommunications, pharmaceuticals, and agribusiness — bringing strategic insight and practical know-how to every engagement. Her cross-sector perspective gives her a deep understanding of what drives performance and culture in different contexts.

She has guided executives through pivotal transitions, helped senior teams navigate growth and change, and advised organizations on talent management, succession planning, and culture alignment. Clients value her thoughtful blend of candor and care — she's known for asking questions that reveal patterns, challenge assumptions, and spark meaningful action.

Sara holds a B.B.A. in Management & Organizations and a J.D. from the University of Iowa. She earned the Certificate of Achievement for the Front-End Coaching Intensive through the Columbia Coaching Certification Program, building a strong foundation in Columbia's coaching approach and core competencies.

Areas of Expertise

Executive Coaching
Leadership Coaching
Team Effectiveness & Collaboration
Culture Alignment & Activation
Change Leadership
Talent and Performance Strategy
Leader Transition Acceleration

Certifications

Hogan Leadership Suite of Assessments
Everything DiSC
Myers Briggs Type Indicator
Prosci Change Management