



Senior Consultant

Sara Swenson, PhD

Minneapolis, MN

Sara Swenson, PhD, brings 25 years of expertise in learning, organizational and cultural development, performance management, and talent development. Her broad experience spans the finance, retail, manufacturing, high tech, and higher education sectors, where she has collaborated with leaders and employees to foster growth and success.

Sara is passionate about helping her clients achieve their unique definitions of success by facilitating learning that leads to new skills, mindsets, and behaviors, ultimately driving fulfillment and positive change.

In addition to her role at FranklinCovey, Sara serves as an instructional faculty member at the Carlson School of Management at the University of Minnesota, where she teaches human resources courses to undergraduate and graduate students. She earned her PhD in Human Resources Development in 2023, with a [dissertation](#) exploring how manager-provided autonomy affects subjective wellbeing during job insecurity.

Sara is recognized for her skill in collaborating effectively to implement impactful solutions tailored to meet business needs. Learners describe her as an engaging, knowledgeable, and adaptable facilitator.

Education & Certifications

- PhD in Human Resources Development, University of Minnesota
- MEd in Human Resources Development, University of Minnesota
- MA in Counseling Psychology, Gonzaga University
- BA in Psychology, Concordia College (Moorhead, MN)
- Professional in Human Resource (PHR) certified

Highlights

Facilitated for global audiences including Korea, China, Mexico and Germany

Led new Diversity, Equity, and Inclusion program at a global company

Loves to adventure anywhere, especially when it involves hiking and breathtaking views

Lifelong volunteer, focused on developing youth

Enjoys quality time with her two young adult children
