



Executive Coach and Senior Consultant

Sarah Menke Vanasek

Minneapolis, Minnesota

Sarah Menke Vanasek is a certified Executive Coach with a strong passion for developing thoughtful, strategic and authentic leaders and teams. Her perspective is informed by 20+ years of commercial and HR leadership experience in global organizations, spanning a variety of industries including Financial Services, Technology, Legal, News Media and Non-Profits.

Clients and colleagues describe Sarah as being able to see the broad picture and meaningfully connect to build rapport at all levels in an organization. Having been an executive leader, her keen ability to quickly understand the environment and challenges of her clients allows her to guide them to higher levels of strategic performance. Sarah is known for her ability to balance empathy and accountability, reflecting with intention and drawing out insights that enable individuals and teams to see what they may be unable to on their own.

Highlights

20+ years of commercial and HR leadership experience in global organizations

Extensive experience working with C-level executives

Proven track record delivering business performance in both high-growth and mature markets

Has worked with thousands of leaders across all levels of organizations to unlock limiting beliefs and accelerate development

Partners with clients to clarify vision, expand possibilities and drive meaningful, sustained change

Education & Certifications

- B.A. Marketing and B.A. Music, University of Northern Iowa
- Executive Coaching Certification, Hudson Institute
- Associate Certified Coach (ACC), International Coaching Federation
- Certified in Hogan Leadership Series and DiSC

What clients say about Sarah

“Sarah is an experienced coach, facilitator and mentor. Her diverse background allows her to provide great perspective and relatability to clients.”

“Sarah’s superpower is reflecting back. When she says, “What I’m hearing is...” I know the next thing will be gold and help me / my team reflect.”

“Sarah enables others to see things they can’t see themselves and explore with a new perspective, which is incredibly valuable.”