

Speaking + *consulting.*

SARAH GORDY

THE WORK

Designing
transformative
learning
experiences.

For recovery, mental health,
and human development.



CONNECT

sgordy@protonmail.com

Instagram: @mindful.guides.hub

LinkedIn: linkedin.com/in/sarahgordy/

A grounded guide for *meaningful transformation.*

HEALING · SELF-AWARENESS · HUMAN DEVELOPMENT

Sarah Gordy is an addiction counselor, facilitator, speaker, and consultant who designs and leads transformative learning experiences at the intersection of recovery, mental health, and human development.

With a foundation in addiction counseling and group facilitation, she has worked across all levels of care with adolescents and adults in virtual, hybrid, and in-person settings. For over a decade, she has also supported a diverse range of clients, including creatives, executives, and high-profile individuals, guiding them toward greater self-awareness, emotional healing, and aligned living.

Known for her calm, intuitive presence, Sarah creates spaces rooted in non-judgment, deep listening, and genuine connection. Her approach is grounded, heart-centered, and trauma-informed, blending clinical insight with holistic practices such as mindfulness, breathwork, spiritual reflection, and somatic awareness.

At the core of her work is a passion for bridging the clinical with other ways of knowing. Drawing from over 10 years of study in mindfulness, spiritual psychology, shamanic practices, and holistic healing, she integrates evidence-informed care with the wisdom of lived experience, intuition, and embodied practice.

As the founder of Mindful Guides, Sarah develops tools, curricula, and facilitation frameworks that help providers, treatment programs, and communities create more engaging, effective, and human-centered experiences.

She is bilingual in German and English and brings a global perspective shaped by her international experience.



Clinical insight.
Holistic wisdom.
Human connection.

A bridge *between worlds.*

WHAT MAKES SARAH UNIQUE

Clinical depth with holistic wisdom

Sarah bridges addiction counseling, group facilitation, and evidence-informed care with holistic and embodied practices including mindfulness, breathwork, spiritual reflection, somatic awareness, energy healing, and shamanic studies.

A calm, intuitive presence

Sarah is known for creating spaces where people feel safe, seen, and supported. Her facilitation style invites curiosity, self-connection, emotional honesty, and meaningful participation.

Experiential learning that goes beyond concepts

Sarah designs experiences that help people not only understand ideas, but feel, practice, and integrate them. Her work may include reflection, discussion, mindfulness, breathwork, guided practice, worksheets, group process, and embodied integration.

A bridge between worlds

Sarah's work honors both the clinical and the intuitive, the structured and the spacious, the evidence-informed and the deeply human. She brings these perspectives together in a way that feels grounded, ethical, inclusive, and accessible.

Adaptable across settings

From treatment centers and recovery groups to retreats, wellness spaces, corporate teams, and virtual learning environments, Sarah adapts her language and delivery to meet the audience, setting, and desired outcome.

CREDENTIALS + TRAINING

CATC-i Addiction Counselor with CAADE

Certificate of Achievement in Addiction Studies, Los Angeles Pierce College

Bachelor of Arts in Liberal Arts with concentration in Psychology, Antioch University Los Angeles

MA in East-West Psychology, California Institute of Integral Studies (in progress)

Soul-Centered Living / Spiritual Psychology, University of Santa Monica

Life Coach Certificate, Beautiful You Coaching Academy, ICF accredited

Institute for Coaching Mastery, ICF accredited

Addiction Recovery and Psychedelic Integration Coach Training, Being True to You

One-Year Shamanic Studies Training, The Power Path, New Mexico

Breathwork Facilitator Training

Reiki Level II

Talks, workshops + *experiences.*

EXPERIENTIAL SESSIONS + CUSTOM LEARNING

Sarah offers speaking, facilitation, workshops, retreats, clinical groups, and custom learning experiences for treatment centers, recovery communities, wellness spaces, corporate teams, and professional learning environments.

Her sessions can be designed as fully experiential experiences, such as mindfulness, breathwork, grounding practices, reflection circles, spiritual exploration, or embodied integration, or as workshop-style trainings that include lecture, discussion, guided exercises, worksheets, and practical tools.

Her work centers on self-awareness, emotional healing, recovery, spirituality, mindfulness, sustainable behavior change, compassionate communication, and the connection between inner transformation and real-life practice. Sarah's facilitation is grounded, trauma-informed, inclusive, and deeply human, helping participants move beyond conceptual understanding into lived experience.

Whether she is guiding a breathwork session, leading a mindfulness-based recovery group, facilitating a workshop on communication and emotional regulation, or designing a custom experience for a team or community, Sarah creates spaces where people feel safe, engaged, and invited into meaningful transformation.



POSSIBLE FORMATS

- Keynotes or speaker sessions
- Experiential mindfulness or breathwork sessions
- Clinical group facilitation
- Workshop-style trainings with lecture, discussion, and exercises
- Retreat sessions or healing circles
- Staff professional development
- Corporate wellness sessions
- Virtual, hybrid, or in-person experiences
- Ongoing group series
- Custom curriculum-based workshops

COMMON THEMES

- Mindfulness and recovery
- Breathwork and nervous system regulation
- Addiction, spirituality, and meaning-making
- Emotional healing and self-awareness
- Sustainable behavior change
- Compassion and forgiveness
- Communication, boundaries, and connection
- Embodied learning and integration
- Authenticity, empowerment, and aligned living

Clinical group *facilitation.*



RECOVERY + MENTAL HEALTH SETTINGS

Sarah facilitates evidence-informed groups in mental health and addiction treatment settings, bringing together clinical insight, experiential learning, mindfulness, emotional regulation, and holistic practices.

Her groups are designed to be engaging, reflective, and practical. Rather than simply presenting information, Sarah helps participants explore concepts through discussion, guided exercises, worksheets, mindfulness practices, breathwork, reflection prompts, and embodied integration.

Sarah has experience working across levels of care with adolescents and adults, and she adapts her facilitation to meet the needs of each group, population, and clinical environment. Her style is trauma-informed, inclusive, HIPAA-compliant, and grounded in emotional safety.

WHAT SARAH BRINGS

Sarah can provide original group materials, worksheets, reflection prompts, experiential exercises, guided practices, and structured facilitation plans when appropriate.

Her goal is to create groups that feel meaningful, safe, and alive, helping participants connect with themselves, each other, and the deeper inner resources that support long-term healing and change.

SPECIALTY AREAS

- Addiction and Spirituality
- Mindfulness and recovery
- Community Reintegration and Aftercare
- Relapse Prevention
- Self-awareness Development
- Creative Expression
- Holistic and embodied approaches to healing

Custom consulting + *experience design.*



Sarah is available for consulting, curriculum development, custom workshops, retreat facilitation, clinical group design, co-facilitation, and experience support.

Whether you need someone to lead a group, design a curriculum, refresh an existing program, support a retreat, or help your team create more meaningful engagement, Sarah brings a thoughtful blend of clinical insight, intuitive presence, creativity, structure, and heart.

Her passion is helping individuals, teams, and organizations bridge the clinical with other transformational modalities, creating experiences that are safe, engaging, grounded, and deeply supportive of healing and self-actualization.

Through Mindful Guides, Sarah also collaborates with experts across multiple fields and brings access to a trusted network of holistic healers, psychologists, sound healers, substance use professionals, yoga teachers, meditation guides, breathwork facilitators, and wellness practitioners in Los Angeles.

OPTION A

Project-based *consulting.*

For teams, providers, facilitators, or organizations who need support developing ideas, strengthening engagement, or improving learning outcomes.

THIS MAY INCLUDE

- Curriculum design
- Workshop development
- Group structure and flow
- Brainstorming engagement strategies
- Designing for higher learning outcomes
- Improving participant experience
- Creating reflective activities, discussion prompts, and integration tools
- Supporting clinical, wellness, or hybrid program development
- Advising on how to weave experiential and holistic elements into existing offerings
- Connecting with trusted experts in holistic healing, psychology, sound healing, substance use, yoga, meditation, energy healing, breathwork, and facilitation

Thoughtful support. *From design to delivery.*

OPTION B

Done-for-you *curriculum + branded resources.*

For programs, providers, wellness leaders, or facilitators who want fully developed materials that are beautiful, practical, and ready to use.

Includes everything in Option A, plus:

- Branded workbooks
- Participant booklets
- Handouts
- Worksheets
- Reflection guides
- Group facilitator guides
- Slide decks or workshop materials
- Integration practices
- Support from Sarah's design team to create polished, on-brand resources

OPTION C

Co-facilitation + *experience support.*

For facilitators, clinicians, workshop leaders, or organizations who want extra support so they can focus on what they do best.

FOR VIRTUAL EVENTS

- Zoom setup and technical flow
- Breakout rooms
- Chat monitoring
- Participant questions
- Attendance tracking
- Prep and follow-up
- Engagement support

FOR IN-PERSON EVENTS

- Small-group facilitation
- Participant engagement
- Activity transitions
- Room flow
- Grounding practices
- Behind-the-scenes support to help the experience run smoothly

Why book Sarah.

FIVE REASONS YOUR AUDIENCE WILL THANK YOU

01 She bridges clinical care with holistic healing

Sarah brings a rare ability to integrate addiction counseling, trauma-informed facilitation, mindfulness, breathwork, spiritual reflection, and embodied practice in a way that feels grounded, ethical, and deeply human.

02 She creates safety and depth

Her calm, intuitive presence helps people feel seen, respected, and supported. She holds space with warmth and structure, allowing participants to engage honestly and at their own pace.

03 She makes learning experiential

Sarah's work is not just informational. She helps people practice, reflect, feel, integrate, and apply what they learn through mindfulness, breathwork, discussion, worksheets, group process, and embodied tools.

04 She adapts to the room

Sarah can facilitate a quiet breathwork session, a clinical recovery group, a corporate wellness workshop, a retreat circle, or a structured professional training. She meets the needs of the audience without losing the integrity of the work.

05 She helps people reconnect with their own inner wisdom

Sarah's work is rooted in the belief that transformation happens from the inside out. She does not position herself as the person with all the answers, but as a skilled guide who helps people listen more deeply, reconnect with themselves, and move toward authentic, aligned change.

WHAT PEOPLE SAY

“Sarah is one of the most amazing people you will ever meet, beautiful inside and out, but, more importantly, she is caring, compassionate and kind. She is humble and selfless in her pursuit of true authenticity.”

Dr. A. Bacher, psychologist

“Sarah has an exceptional gift of being pure light in a room. She seems to effortlessly hold space with her energy and spreads her joy, love, and presence with all in the room. Sarah is a natural and seems to have been destined for this work.”

Eric Mellgren, sound healer

“With Sarah’s work, I have learned to let go of the ego, step into my purpose, and value the things that really matter in life. I am at the healthiest and happiest place I’ve ever been in. Thank you Sarah for all your love, patience, wisdom, healing energy, and support.”

Anonymous

Speaking + consulting inquiries
sgordy@protonmail.com