



Sarah Garcia-Rubio

LIFE COACH · KEYNOTE SPEAKER · MASTER EDUCATOR
FOUNDER, CONSCIOUS WEALTH LIFESTYLE PROGRAM

30+ YEARS AS AN ENTREPRENEUR

1 in 4 STRATEGY CONVERSION

Certified LIFE & MINDSET COACH

“Your circumstances don't define your ceiling. Your decisions do.”

WHAT SARAH BRINGS TO YOUR STAGE

“Design Your Results: The Mindset Shift That Changes Everything”

A high-impact keynote and workshop experience combining raw storytelling, proven mindset frameworks, and live vision exercises that move audiences from stuck to activated.

Real Estate Professionals *“The Only Market You Can Control”*

Beauty Industry Professionals *“Beyond the Chair: The Mindset Behind Building a Career That Lasts”*

Latina Entrepreneurs *“Ambition Without Apology: A Mindset Talk for Latina Entrepreneurs”*

Keynote (45-60 min) · Workshop (90 min) · Panel Speaker · Half-Day Intensive

HER STORY

Sarah tested out of high school at 16, became a salon GM by 21, and spent 30 years building — through bankruptcy, foreclosure, and profound personal loss — never stopping. Today she is a 6-figure Latina entrepreneur, certified life and mindset coach, 30-year licensed cosmetologist, and co-founder of Mayahuel Beauty. *Your circumstances don't define your ceiling — your decisions do.*

EXPERIENCE & CREDENTIALS

- Multiple 6-figure years as an entrepreneur
- 6-figure Latina entrepreneur 10+ years
- 30-year licensed cosmetologist
- Industry master educator & hairstylist
- Certified life & mindset coach
- Salon owner & GM by 21
- Co-founder, Mayahuel Beauty
- Real estate investor
- First-gen Mexican-American entrepreneur

WHAT PEOPLE ARE SAYING

“Attending Sarah’s workshop was truly a turning point for me, personally and professionally. It opened my eyes to the power of shifting my mindset and letting go of the limiting paradigms I didn’t realize were holding me back. What I loved most was learning her techniques that shift your thinking and guide you toward your goal — each one gave me a new level of awareness and confidence. I am so grateful for Sarah and this experience.”



Jaziela Castro
Interior Designer

“So grateful for connecting with a relatable Latina life coach that feels heaven sent to guide me to my betterment and constant pursuit of achieving new things.”



Lilah Corral
CutBoss Coaching Client

RECENT STAGES

NHORA East Bay Chapter (x2) · Vision Workshop Series — 8 events, 150+