

DR. SARA SAFARI

Avalanche Survivor • College Professor



Dr. SARA SAFARI MEDIA KIT

• Leadership Expert • Avalanche Survivor • Author

Leadership lessons from the world's highest mountains

Sara helps leaders and teams examine how they respond to uncertainty, work together under pressure, and take action toward goals that feel out of reach. Her presentations connect the human side of adventure to the decisions people make at work.

Short biography

Dr. Sara Safari is an international keynote speaker, author, educator, and the first Iranian woman to complete the Seven Summits, including Mount Everest. With a Ph.D. in Leadership and a background in electrical engineering, she connects lessons from extreme environments to the everyday work of leading people. Her 2015 Everest experience is featured in the **Netflix documentary** Aftershock. She returned to summit Everest in 2022. She is the founder of Climb Your Everest, a nonprofit empowering marginalized young women through education and leadership.

Best suited for

Leadership development programs, corporate conferences, meetings, association conferences, team gatherings, and women's leadership events. Based in Los Angeles and available for speaking engagements worldwide.

Extended biography

Born in Iran, Sara moved to the United States at age 20. Her path has brought together electrical engineering, college teaching, doctoral study in leadership, and a commitment to expanding opportunities for women. She became the first Iranian woman to complete the Seven Summits, the highest mountain on each continent.

Her initial Everest expedition was interrupted by the 2015 Nepal earthquake, an experience featured in Netflix's Aftershock. In 2022, she returned and reached the summit. On stage, Sara shares the fear, humor, difficult decisions, and support behind that journey, inviting audiences to connect those experiences to their own challenges.

Sara is the founder and president of Climb Your Everest, a nonprofit dedicated to empowering marginalized young women through education and leadership. Her work as an author, educator, and speaker brings together personal growth, collective responsibility, and purposeful action.

Keynotes and audience outcomes

Programs connect Sara's personal experiences to the goals of your event. Topic emphasis and format can be discussed during a planning conversation.

Climb Your Everest	Build Your Everest Team	Beyond Perceived Limits
Leading through uncertainty For leaders and teams facing change, ambitious goals, or setbacks. Sara draws on her Everest journey to explore how people choose a direction, adapt when plans fail, and keep making progress. <ul style="list-style-type: none">● Define a meaningful goal and translate it into a practical next step.● Recognize when to adapt a plan while staying connected to its purpose. Turn a setback into learning and renewed action.	Trust and communication under pressure For managers and teams whose success depends on working across roles. Mountain expeditions offer a vivid setting for exploring shared responsibility, clear communication, and asking for support. <ul style="list-style-type: none">● Connect individual responsibilities to a shared team goal.● Practice clearer communication when uncertainty or pressure rises. Create space for people to ask questions and contribute their strengths.	Courage and women in leadership For women's leadership events, employee resource groups, and organizations developing emerging leaders. Sara connects her experiences growing up in Iran and climbing the Seven Summits to the choices that help people move beyond limiting expectations. <ul style="list-style-type: none">● Identify an assumption that is narrowing a professional goal.● Ask for support and build relationships that make growth possible. Choose one concrete action toward a meaningful leadership challenge.

Extend the conversation

Ask about an interactive workshop, moderated fireside chat, audience Q&A, or book signing. Scope, timing, and availability are agreed as part of the engagement.

Author of books translated into multiple languages

- Follow My Footsteps
- Climb Your Everest
- Above the Mountain's Shadow
- Making a Difference

Video and further information

Demo Reel <https://youtu.be/USwVGplVmS4?si=XIDOfTckggVmk6yY>

TEDxIHEParis talk

<https://www.youtube.com/watch?v=iJZ8kpvdyt8>

Netflix Aftershock <https://www.netflix.com/title/81397884>

Testimonials and media

Client perspectives

“Dr. Sara Safari knows how to inspire teams, overcome obstacles, and create peak performance. After growing up as a woman in Iran, she moved to the United States at the age of 20.

She spent the next 20 years not only getting her education in electrical engineering and her PhD in leadership, but becoming the first Iranian woman to Summit all seven peaks, including Mount Everest.

Her initial Everest climb is featured in the Netflix documentary, "Aftershock" where in 2015 she hung on a vertical ladder as an 8.4 earthquake shook the mountain. Seven years later in 2022, she returned to face the mountain again, but this time with clarity on her purpose.

Candidly sharing her fears, her failures, and her harrowing journey, Sara inspired our team to think bigger, aim higher, and work together. Her examples and challenges to the group have created a framework that the team is now using daily to up their game and redefine what's possible.”

Cara France • CEO at Sage Group

“Sara’s speech is compelling and inspiring. I would recommend her highly to business leaders, schools, and community groups.”

Lori Hofmann • Executive and Transition Coach, Expedia

“Her personal, moral, and spiritual journey can apply to any group of individuals and any organization looking to be inspired, motivated, or looking for a new direction in both their personal life and their professional life.”

Alex Duquette • District Manager, Farmers Insurance Group

Speaking fees

Keynote	\$10,000–\$12,000
Keynote plus breakout session	\$12,000–\$14,000
Virtual presentation	Starting at \$5,000
Universities	Starting at \$5,000

Booking inquiries

To explore a paid engagement, share your event date, location, audience, desired outcomes, and speaker budget. Sara’s team can discuss the best topic, format, and next steps.

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Based in Los Angeles, California | Available internationally

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