

Biography – Sarah Stones, Plain Sailing Motivation

Sarah Stones is a Recruiter, Motivation Specialist and a Coach who is passionate about helping people to shine. Sarah combines her 20 years of HR expertise and specialist knowledge of motivation and positive psychology with a practical, solutions focussed approach to work with organisations to support them to recruit, manage and retain engaged and motivated staff.

sarah@plainsailingmotivation.co.uk www.plainsailingmotivation.co.uk