

SARAH XANTHOS

HUMAN CONNECTION SPECIALIST

Founder | SJXConsulting

I help leaders, coaches and practitioners turn everyday conversations into breakthroughs by shifting the way they listen and respond.

SIGNATURE KEYNOTE

Great Communication Starts With Your Mouth Shut.

Listen Deeper. Lead with Impact. Bring Out the Best in People.

What if the greatest breakthroughs in communication happen before we even open our mouths? Sarah challenges conventional thinking about communication, showing how assumptions, listening habits and automatic reactions shape our relationships and workplace cultures. Through storytelling and practical tools, audiences learn to listen differently and create meaningful connection.

AUDIENCE TAKEAWAYS

When Sarah speaks to an audience, they learn how to:

· Recognise communication blind spots.
· Practise Pausence: pause with presence.
· Navigate difficult conversations.
· Reduce misunderstandings and conflict.
· Build trust and psychological safety.
· Strengthen workplace relationships.

SIGNATURE TOOLS

Pre-Set Listening Lens, Going Neutral, Pausence, Conscious Questioning, Reflection and Mirroring.

ABOUT SARAH

Sarah brings a unique blend of human resources expertise and meditation teaching to her work, drawing on a diverse professional background in mining, recruitment, health and safety, and workplace training. Her professional television acting and stage performance training complement her ability to engage and connect with audiences.

AVAILABLE FOR

Keynotes, conference breakouts, interactive masterclasses, workshops and tailored corporate training.

BOOK SARAH TO SPEAK

contact@sjxconsulting.com.au | www.sjxconsulting.com.au

Better Conversations. Stronger Connections.



"I highly recommend Sarah for any event, workshop or gathering where you want people to leave feeling inspired, connected and heard."
— Tania, Founder of Penny Stack and The Expansion Muse

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