

Meet Your Coach

Hi, I'm Sara—a certified career and life coach dedicated to helping women and parents thrive in both their careers and personal lives.

In 2017, I founded Pathways to Parenthood to support new and expectant parents in navigating the journey to parenthood and their return to work. I've guided hundreds of individuals and couples in balancing work and family, helping them manage career momentum, establish new routines, and feel more confident during this big life transition.

With 17 years in the corporate world, I bring a deep understanding of workplace dynamics and the complexities of career growth. As a mom of two young boys, I also understand how vital it is to have the right support when balancing professional and family life.

I've had the pleasure of working with many of your colleagues at Glen Raven and look forward to partnering with you on your own journey. Please don't hesitate to reach out with any questions—I'm here to help.



Sara Tans



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