

## Sarah Nielsen, M.Ed., NBC-HWC

## Life and Wellness Coach, Health and Outdoor Educator SG Wellness, LLC Austin, TX

Sarah Nielsen is a health and outdoor educator as well as a boardcertified health and wellness coach. She has 19 years of experience working in the private and public sectors of workplace well-being. She specializes in facilitating customized learning experiences that leverage nature, science, and behavior change theory to transform participants' relationships with nature.