

# SARAH IVERSON



## **Motivational Speaker & Playful Wellness Specialist**

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Inspiring adults to live boldly through  
the power of play, imagination, and  
holistic wellness

# ABOUT ME



Hi, I'm Sarah Iverson, the founder of Sarah's Kaleidoscope Playhouse and Curious Sunshine. I offer a unique blend of art and design services, holistic coaching, and creative activations. As an artist, entrepreneur, and children's book author, my passion lies in the power of play. My coaching infuses vibrancy and imagination into your daily life, helping you actualize your joy in innovative ways. With a Bachelor's in Art and a Master's in Environmental Leadership, I am well-versed in guiding others to embrace creativity and playfulness in all they do. Connect with me if you're interested in having me speak, host a workshop, or would like to commission interactive artwork. Let's embark on a journey of joyful liberation where everything is magical.

## MY EXPERIENCE INCLUDES:

- Art & Design
- Holistic coaching & workshops
- Reiki / Energy healing
- Play philosophy
- Mindfulness & Meditation
- Self-publishing books
- Entrepreneurship
- Sacred Clowning
- Community activation
- Idea actualization

## I HAVE PREVIOUSLY WORKED WITH:



# TOPICS I COVER

## PLAYFUL WELLNESS & HOLISTIC LIVING

Discover the transformative power of playful wellness, where imagination and joy become tools for holistic living. Through exploring the uniquely curated methodology The Curious Sunshine Method we explore liberation through mindfulness, curiosity and play, I inspire audiences to embrace a playful mindset that fosters creativity, connection, and personal growth. Together, we'll explore how adding a touch of play to everyday life can lead to boundless joy, deeper well-being, and a life that exceeds your wildest dreams.

## ENTREPRENEURSHIP

Entrepreneurship is more than building a business—it's about crafting a vision, embracing resilience, and turning passion into impact. I empower aspiring and seasoned entrepreneurs alike to think creatively, take bold risks, and navigate challenges with purpose and playfulness. Through actionable insights and inspiring stories, I'll help you unlock the tools to thrive in business and design a life you love.

## SPIRITUALITY & ENERGY HEALING

Spirituality and energy healing are gateways to understanding the profound magic of our world, and my journey has led me through faith, Western religion, Buddhism, African traditional practices, the occult, and paranormal investigations. As a Reiki healer, spiritualist, and paranormal investigator, I've explored how energy and frequency shape our lives, connect us to unseen realms, and open doors to healing and transformation. In this talk, I invite you to embrace the idea that the world is far more magical than we realize, uncovering how these practices can inspire wonder, deepen connection, and reveal the extraordinary in the everyday.

## BOLD IMAGINATION & DEEP CURIOSITY

Bold imagination and deep curiosity are the keys to transforming dreams into reality. In this talk, I guide audiences on how to harness these powerful forces to break free from limitations, reframe challenges, and envision extraordinary possibilities. Through dynamic insights and playful strategies, we'll explore how curiosity and creativity can propel us toward our most ambitious goals with clarity and joy.

## ART & DESIGN

Art and design are not just creative expressions—they're powerful tools for building a fulfilling and sustainable career. In this talk, I share insights on navigating the art world, from showcasing your work to building a personal brand and turning your passion into a steady income. With practical tips and inspiring stories, I'll show you how to embrace both creativity and strategy to thrive as an artist in today's world.

# WHY CHOOSE ME?



## UNIQUE VALUE

I blend whimsy, deep curiosity, and practical wellness tools to spark transformation and inspire people to think beyond the ordinary. My approach merges play, energy, and holistic practices to create experiences that are both grounding and magical—leaving you feeling energized, empowered, and reconnected to your inner creativity.

## WHAT SETS ME APART

**Engaging & Relatable:** I connect with audiences on a personal level, creating a safe space where people feel seen, heard, and inspired.

**Dynamic & Playful Energy:** I infuse every session with a playful, light-hearted energy that makes even the most complex topics feel accessible and fun.

**Holistic Approach:** Drawing from diverse spiritual practices and wellness techniques, I offer a unique perspective that blends mind, body, and spirit into every talk or workshop.

# TESTIMONIALS & FEEDBACK

“Brought a very fresh perspective and pushed most participants out of their comfort zone.”

“Tired of being a serious or uptight adult? Want to tap into your inner child? Need more joy? Then I highly recommend taking the quirkshops with Curious Sunshine.”

“Holistic Play Coaching was a game changer for me to explore my curiosities and understanding my interactions and feelings in my day to day life. It was an open, non-judgmental environment to explore my interests, unknown stressors, and add tools to my life to improve my mood and motivation. it changed my outlook on my approach to my work and communication in relationships. Highly recommend diving in!”



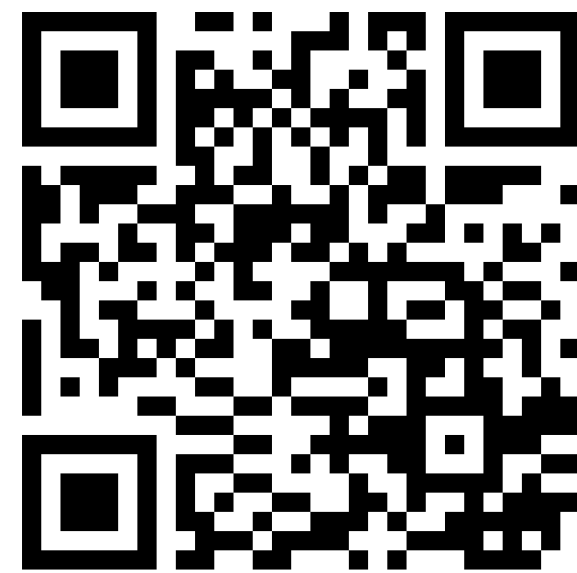
"Living life colorfully is what I do, and what I will help you do too!"

## OFFERINGS & FORMATS

I am available for both in-person and virtual engagement including:

- Keynotes
- Workshops
- Panels
- Virtual sessions
- Retreats

## SPEAKER REEL



[PlayfullySarah.com/speaker](https://PlayfullySarah.com/speaker)



# LET'S PLAY! BOOK ME FOR YOUR NEXT EVENT

Website: [PlayfullySarah.com](http://PlayfullySarah.com)  
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**SCHEDULE A MEETING:**



 @playfullysarah

