



## Sara Borgstede

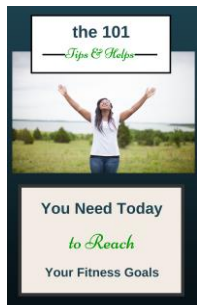
**Will swim, bike & run for peanut butter cups. 100lb weight loss. Real wife. Super real mom.**

Sara is a triathlete, distance cyclist, motivational speaker, and writer.

She is wife to Mike, pastor's wife, mom to 5 kids through birth and special needs adoption, and was foster mom to 35 children. Formerly a middle school teacher, Sara loves words and blogs at [www.saraborgstede.com](http://www.saraborgstede.com) where readers laugh at the crazy stuff her kids actually say, share with her as she parents children with challenges, and are faith-encouraged for their own lives.

She lives in Aurora, CO with her husband, 5 kids, and 3 cats who eat potato chips.

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**Free E-book with email sign up**



[saraborgstede.com](http://saraborgstede.com)

## Available Speaking Topics

### **Faithful Finish Lines – Recreate Who You Are**

Faithful Finish Lines are inspired choices, measurable, FUN goals that move you toward refreshed mission and fitness.

### **Balancing in the Holy Mess**

Find balance on your calendar and hope for the craziness! Sara has learned how to do it and she will teach you what she has learned.

### **From Couch Potato to Triathlete**

Hear Sara's story of how she overcame life-long eating issues with compulsive and binge eating, lost over 100 pounds, and moved from hating exercise to becoming a triathlete.

### **I Didn't Sign Up for This – Hope For Special Needs Parents**

Sara and her husband Mike parent 5 kids and were foster parents to 35 children. Learn the number one way to maintain a healthy family, how to deal with sadness and anger, and ways to take better care of yourself.

### **Mine for Today – For Foster Parents (and those who work with them)**

Discover tools for surviving the heartbreak of foster care and ways to care for yourself, your marriage, and your other children as a foster parent.

### **A Holy Messy Christmas**

Life seems to get more hectic and messy with each holiday season, yet we all yearn for a holy time of calm. Whether hosting your first Christmas or have celebrated many, this talk has something for everyone.

## Hope for Special Needs Parents



## Sara Borgstede

*Balancing in the Holy Mess*



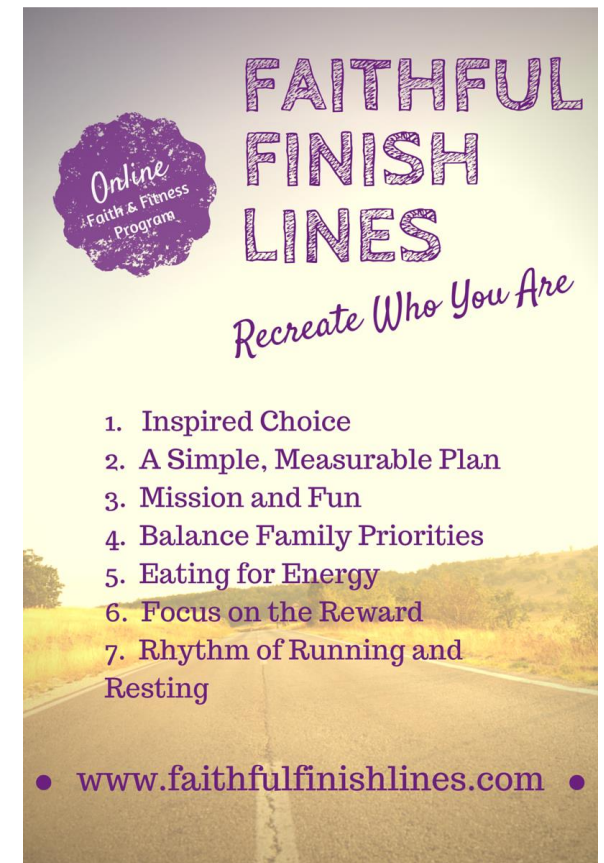
Notes:

My 3 Take-A-Ways to Start Now:

1.

2.

3.

A graphic for the 'Faithful Finish Lines' program. It features a purple circular logo on the left with the text 'Online Faith & Fitness Program'. To the right, the title 'FAITHFUL FINISH LINES' is written in large, purple, hand-drawn style letters. Below the title, the tagline 'Recreate Who You Are' is written in a purple cursive font. A list of seven points is displayed in purple text: 1. Inspired Choice, 2. A Simple, Measurable Plan, 3. Mission and Fun, 4. Balance Family Priorities, 5. Eating for Energy, 6. Focus on the Reward, 7. Rhythm of Running and Resting. At the bottom, the website 'www.faithfulfinishlines.com' is listed between two purple dots. The background of the graphic is a photograph of a paved road stretching into the distance under a bright, hazy sky.

**Online Faith & Fitness Program**

# FAITHFUL FINISH LINES

*Recreate Who You Are*

1. Inspired Choice
2. A Simple, Measurable Plan
3. Mission and Fun
4. Balance Family Priorities
5. Eating for Energy
6. Focus on the Reward
7. Rhythm of Running and Resting

● [www.faithfulfinishlines.com](http://www.faithfulfinishlines.com) ●

[www.compassionfatigue.org](http://www.compassionfatigue.org)

[www.nctsn.org/resources/topics/secondary-traumatic-stress](http://www.nctsn.org/resources/topics/secondary-traumatic-stress)