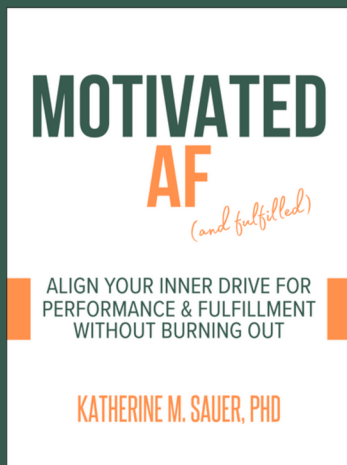




MOTIVATED AF

*Align Your Inner Drive for Performance
& Fulfillment without Burning Out*

Katherine M. Sauer, PhD

<https://katherinesauer.com/motivatedaf>

**Delight your audience with a mini-keynote, workshop,
or fireside chat in advance of the book's release in late 2026.**

About the Book

MOTIVATED AF takes high-performers from relying on a burnout-inducing drive to achieve in their careers and lives, to a place of sustainable performance and fulfillment, without dialing back their ambitions for success and a well-lived life. Readers are guided through a practical approach to realigning their inner drive, focusing on:

- the six human needs required for flourishing,
- identifying or refining their core operating principles (aka values),
- understanding their life's Purpose,
- expanding their range of satisfaction-based motivators, and
- decreasing their reliance on avoidance-based motivators and overuse of executive function.

About the Author

Katherine M. Sauer, PhD, is an award-winning educator and researcher, and is an enthusiastic advocate for work-life well-being. She brings levity and practicality to complex subjects and enjoys delighting and challenging audiences of high-ambition professionals. Katherine is a two-time founder and has held leadership roles within a national nonprofit, an investment advisory firm, and in higher education administration. She is a lifelong learner and has pursued formal training and credentials in numerous areas including change leadership, executive coaching, intuitive energy reading, yoga and meditation, nutrition, nonprofit management, and economics. *MOTIVATED AF* is Katherine's first book and is dedicated to the achievers who do not want to be told to slow down.

Schedule Katherine for Your Next Event

Email kms@katherinesauer.com to start a conversation today.

