



Sara N. King
Principal
Optimum Insights, Inc.

Sara N. King is Principal of Optimum Insights, Inc., a private consulting firm devoted to the study and practice of leadership development. In this role, Sara designs and delivers leadership development programs for local, national, and multi-national organizations. Since March 2020, Sara, and her colleague Mindy Warguez, have been delivering programs virtually. Sara also has a strong executive coaching practice focused on helping executive leaders grow and achieve their goals.

Sara spent 23 years at the Center for Creative Leadership (CCL), a top-ranked, global provider of leadership education and research. She joined CCL as a member of the *Breaking the Glass Ceiling* research team, which studied the career development of executive women in Fortune 100 firms. That team produced the 1987 book, *Breaking the Glass Ceiling: Can Women Reach the Top of America's Largest Corporations?*

While Sara held many leadership roles at CCL, her favorite and longest running (10 years) was when she led the Center's largest global business unit with a team of 20 managers located in Asia, Europe and three time zones in the United States. She had significant experience leading her team through organizational changes and market shifts. She was also on the design and delivery team for a new CCL offering on change and transition. She is excited to bring this experience to members of WICT.

Sara has had a long 30-year relationship with The WICT Network as a designer and facilitator of their flagship program, **Betsy Magness Leadership Institute (BMLI)**. It is through BMLI that Sara met Charlene Keys Bowen in 2007, and they have stayed in touch ever since. The opportunity to work together and bring our different skillsets and experiences for the benefit of member leaders is both a highlight for us and we hope a special feature for all who participate.