

Sara Cummings has over 30 years of experience accompanying and supporting people as they navigate changes and challenges. She is passionate about helping people realize their own solutions and the steps to implement them.

Sara comes to her work with a B.A. in psychology from Bates College, an M.A. in marriage and family therapy from Pacific Lutheran University, and is currently pursuing a credential as an ACC level coach. Having worked in human services as a victim advocate, family life educator and school counselor, she brings that experience and understanding to coaching and facilitating mastermind groups and other collaborative learning experiences. She is the owner of [All Sorts Organizing](#), where she assists people in gaining clarity on “the things that really matter,” through enhancing productivity, space organizing, and coaching.

Sara lives in Virginia Beach, VA.