

Sarah Epperson, LSW

Training Specialist, Talent & Organizational Development

Sarah is a social worker and facilitator based on the shores of Lake Erie, where she lives with her husband and two sons. With more than a decade of experience across the nonprofit, higher education, and hospitality sectors, she brings a thoughtful, people-centered approach to every space she enters. She holds degrees from the University of the District of Columbia and Cleveland State University and has spent her career designing learning experiences that are not only practical but meaningful helping individuals and organizations grow in ways that matter. Sarah is intentional about creating spaces where people feel respected, supported, and able to do their best work-whether that's in a classroom, on a team, or in the community. Her approach is rooted in genuine curiosity, care, and a strong belief in the value of every person.

Category: Professional Development

Presentation Topic: Managing Conflict Effectively - Conflict is a natural part of working and living alongside others-but knowing how to respond effectively can make all the difference. This interactive training offers practical tools and approaches for recognizing early signs of conflict, stepping in with confidence, and helping de-escalate tense situations before they grow. Participants will explore real-world strategies for managing conflict in a way that centers respect, empathy, and clear communication. We'll also talk about how to intervene as a bystander in moments of tension-including how to assess whether you're the right person to step in and how to approach the situation thoughtfully. Whether you're navigating team dynamics or conflict in shared spaces, this session is designed to help you feel more equipped to respond with clarity and care.