

Sarah Tanner

Instagram

From the very earliest days of her career, Sarah Tanner has focused on helping people look and feel amazing. Her desire to bring out the best in others has always been innate – it's only her methods that have changed!

A highly competent business-owner by the age of 25, Sarah was managing four staff at her extremely successful nail & beauty therapy salon, and working the long hours that owning your own business demands.

As motherhood called, Sarah sold her company and took some downtime to raise her gorgeous daughter Stella – but a second business idea was brewing (literally).

A bout of illness and a surgery which left her bed-ridden gave Sarah some time to deeply focus on researching the effects of nutrition and an organic lifestyle on health and wellness. This led to her founding Greenleaf Organics - a fresh, home-delivered organic smoothie service, with Sarah creating all the recipes and blends herself.

As she evolved her second endeavour into a multi-platform business, including the very popular Greenleaf Organics café in Kingsland; new product development and supplying wholesale; Sarah began to document her health and wellness discoveries – and recipes - via blogging.

Her discoveries along the way drew Sarah towards a more plant-based approach to nutrition, and since stepping out of Greenleaf (which her brother now runs), Sarah is a passionate wellness advocate, specializing in educating, inspiring and providing tools to implement a vegan lifestyle.

Through public speaking, live demonstrations, recipe creation, food photography and styling, Sarah has many ways to meet people where they are at and help them upgrade their health. With a philosophy of whole health, through mindset, movement and food, Sarah takes what she has learnt from her years as a busy entrepreneur, mum, and consultant, to pass on her passion in relatable, snack-sized pieces!

Sarah knows what it means to live life burnt-out, stressed and unwell; and how incredible it feels to transform yourself into someone who is thriving; full of energy and reaching their full



outspoken

potential.

Sarah is a brand ambassador for Ceres Organics; a menu consultant for Peacocks Daycare centers and a blog contributor for P.E. Nation.

She regularly speaks at the food shows in Auckland, Wellington and Christchurch; No Beers Who Cares; the Auckland Vegan Food Festival, Auckland Vegan Food Show, Spring Reset Retreat – Waiheke Island; and holds private in-home cooking and nutrition workshops.

TESTIMONIALS

Whenever you collaborate with anyone there is always the hesitation of how you will align with them and how productive the partnership will be.

Working with Sarah swept away those base considerations early on because Sarah was open to hear what you thought, came prepared and knew what part she had to play, was fully up to speed as she had done the preparation and had the depth of knowledge to know what she was talking about and then approached everything in a calm and professional manner that makes her so easy to work with.

Noel Josephson, CEO, Ceres Organics