



[Sarah Bridges, Ph.D., M.B.A.](#)

Dr. Sarah Bridges, Ph.D., is the founder and leader of Bridges, with 25 years experience as a psychologist, executive coach, speaker, writer and leadership advisor. Dr. Bridges is known for offering challenging, yet practical, solutions to help people break through their own assumptions, discover their potential and build cohesive teams.

Prior to founding Bridges Consulting, Dr. Bridges was a Senior Executive in human resources with a \$1.7 billion Fortune 1000 company, and served as a Senior Consultant with a leading international industrial psychology consulting firm. She has extensive experience and success in executive assessment, organization effectiveness, performance management, leadership development, succession planning, recruitment and individual coaching. Dr. Bridges is also committed to the Twin Cities' rich nonprofit community, working for several nonprofit organizations.

Dr. Bridges received her Bachelor of Arts in Psychology from Wesleyan University, her Doctorate in Psychology from the University of Minnesota, and an MBA from Benedictine University.