

SARAH BAKER

keynote speaker

EMBRACE AI WITH CONFIDENCE

BIOGRAPHY

Sarah Baker is an AI, technology, and automation expert who helps audiences build confidence using AI, without needing a technical background (or a PhD in computer science from MIT!)

Sarah didn't begin her career in tech. She came from real estate, until a major life shift pushed her to rethink how she worked. After her son was diagnosed with Type 1 diabetes, Sarah needed flexibility and control over her time, which led her into the online business world.

What she quickly discovered was that people weren't struggling because they lacked motivation or intelligence ... they were stuck because technology felt overwhelming, intimidating, and inaccessible.

Instead of backing away from the tech, Sarah leaned in. She learned AI and automation piece by piece, tested it in real-world situations, and developed a practical, human-first way of teaching complex tools in plain language.

Today, Sarah speaks to organizations, leaders, teams, and business owners about how to approach AI with curiosity instead of fear. Her talks focus on demystifying artificial intelligence, replacing overwhelm with confidence, and showing people how AI can support their work without replacing their humanity.

Known for her relatable style, clear explanations, and real-world examples, Sarah breaks down big, fast-moving topics into ideas that actually make sense. Audiences leave her sessions feeling capable, included, and ready to engage with AI... even if they never considered themselves "techy."



PASSION

Both my work and my personal life are driven by the same belief: technology should support real humans and real lives, not compete with them.

Helping people build confidence, create space, and use technology in ways that actually make life easier is what I'm most passionate about, on and off the stage.

SARAH *Baker*
AI, TECHNOLOGY + AUTOMATION

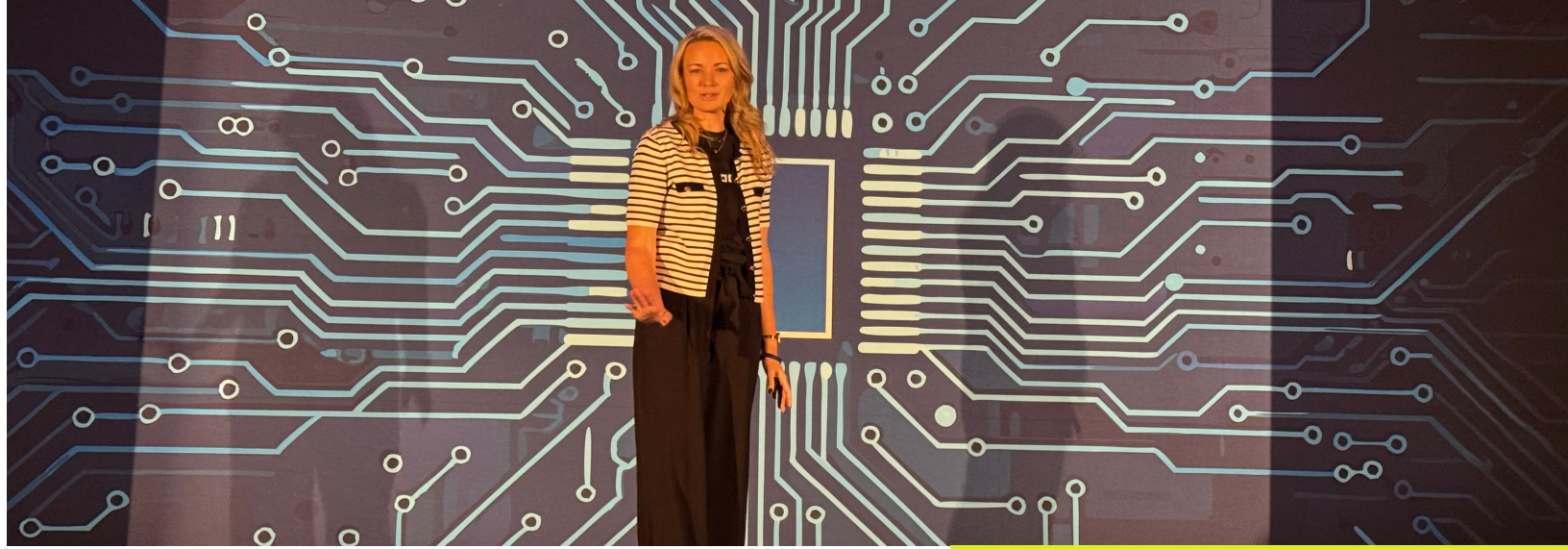
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SIGNATURE KEYNOTE

NO DUMB QUESTIONS: BUILDING CONFIDENCE IN THE AGE OF AI

You don't have to be a tech expert to thrive in the AI era. In this keynote, I take audiences on a journey from overwhelmed to confident, helping them see that AI isn't here to replace them, it's here to support them.

We'll talk about curiosity, courage, and how to ask questions (even the simple ones) that lead to real understanding. Because when people feel safe to learn, they start to grow.

AUDIENCE TAKEAWAYS:

- How to replace fear of AI with curiosity and confidence
- Simple, practical ways to use AI in your work, no jargon, no overwhelm
- A renewed sense of possibility in how you show up and adapt to change

My keynote helps audiences see that AI doesn't have to be intimidating.

My workshops help them prove it to themselves.

These sessions are built for people who learn best by doing: interactive, approachable, and focused on building real confidence with AI.

AVAILABLE FORMATS

- 60-90 minute breakout sessions
- Half-day or full-day workshops
- Virtual or in-person options
- Add-on to keynote session or standalone workshop / training

I'M ON A MISSION:

to help people see that **AI isn't just for tech experts...**
it's for everyone

BECAUSE YOU DON'T HAVE TO BE "TECHY" TO USE TECHNOLOGY POWERFULLY.

WORKSHOPS

BECAUSE SOMETIMES, LEARNING NEEDS TO BE HANDS-ON.

- **ChatGPT Made Simple: Learn It, Use It, Love It**
- **AI Without Intimidation: Hands-On Tools to Work Smarter, Not Harder**
- **Building Custom GPTs: A Guided Workshop**
- **Brand Voice, Meet AI: Teaching Tech to Sound Like You**

These are just a few of the most requested workshops and topics I teach.

AI is evolving quickly, and so are the conversations around it, so if there's a specific tool, trend, or area you'd like me to cover, feel free to reach out!