

Sarah Morgan

Facilitator & Coach



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Sarah Morgan is the founder of Luceat Coaching & Consulting, one of our partners. With over 25 years' experience as a senior leader across technology, customer operations, and utilities, Sarah brings deep real-world insight into the challenges of leadership in fast-paced, high-growth environments.

Now an experienced leadership and performance coach, Sarah helps leaders and teams thrive at work by strengthening resilience, building psychological safety, and unlocking potential through authentic, values-led leadership. She combines her corporate background with advanced coaching practice to help clients navigate complexity, manage the inner critic, and lead with confidence and impact.

Sarah has a specialist interest in neurodivergence at work, particularly ADHD and Rejection Sensitive Dysphoria (RSD), and how these influence leadership, resilience, and workplace dynamics. She is known for her engaging, thought-provoking talks on topics such as Imposter Syndrome, resilience, and inclusive leadership, and for her practical, compassionate approach to creating lasting behavioural change.

She holds a Postgraduate Certificate in Executive Coaching and Mentoring, is a certified Advanced ADHD Coach Practitioner, and is accredited to use a range of psychometric and diagnostic tools including Hogan, MBTI, and 360 feedback instruments. Sarah is also a member of the Association for Coaching, The International Coaching Federation and an Advanced Practitioner with ACE Coach Accelerator.