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Empowered Public Relations

About Sarah Armstrong

Sarah Madden Armstrong is the author of *The Art of the Juggling Act: A Bite-Sized Guide for Working Parents*, vice-president of Global Marketing Operations at Google and proud mom of Grace, now in her senior year of college.

Sarah is also the author of *The Mom's Guide to a Good Divorce*, which offers moms and dads “bite-sized pieces” of practical advice about what to think through when going through a divorce and children are involved. As a good divorce proponent, Sarah’s goal is to help shift societal perception that a good divorce is an attainable outcome. She has appeared on nearly 75 podcasts and in more than a dozen traditional media to promote the concept of a good divorce.

Sarah is a committed mentor to other women and men in business around the world and a longtime volunteer at various nonprofit organizations, including the Jack & Jill Late Stage Cancer Foundation, Georgetown Alumni Admissions Program and local soup kitchens.

Prior to joining Google, Sarah was a partner at McKinsey & Co. and worked at The Coca-Cola Company in global marketing for twenty years, where she led Worldwide Agency Operations across 200 countries. Sarah started her career at Leo Burnett (Chicago) in Media. Her work has been recognized around the world, resulting in her being named one of *Ad Age*’s “Women to Watch” and included in *Ad Age*’s Book of Tens (“Top Ten Who Made Their Mark”).

Sarah was raised in Birmingham, Michigan with two younger brothers and happily married parents (for 55 years and still going strong). She attended Georgetown University, as a scholarship athlete, earning a Bachelor of Science degree from the School of Business Administration with a major in marketing. She was a four-year starter on the Georgetown University Volleyball Team.

Sarah loves traveling the world and has been fortunate to travel to 55+ countries. She enjoys exploring new cities and spending time with Grace whenever possible. Sarah lives in San Francisco, where she loves walking along the water and enjoying the city’s natural beauty.

Websites: <https://thejugglingact.com> * <https://gooddivorce.guide>
[High-res photos \(Dropbox link\)](#)

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