

## Paul Sanbar's Biography



As a coach, workshop facilitator, speaker and performance poet Paul's life and career has been dedicated to the field of self-development and to affecting positive change through storytelling, experiential play, and powerful conversations initially as a psychotherapist and now as a Professional Certified Coach accredited by the International Coach Federation and a certified LEGO® Serious Play® methods facilitator. Coach Paul strives to balance the art - a values-based curiosity with the science - an evidenced-based analytic methodology whether he is coaching individual clients, facilitating groups and teams or delivering poetry-infused motivational speeches. Connect with him on LinkedIn: [www.linkedin.com/in/paulsanbar](http://www.linkedin.com/in/paulsanbar).

### 3 Line BIO

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### Offerings

- Executive Coaching for individuals and groups
- Online and In-Person LEGO® Serious Play® methods workshop facilitation and strategy sessions.
- Accelerated team trust and psychological safety building for distributed and remote teams with the Prelude Suite™

### Interests & Musings

Find me swinging at the park or spinning at the gym.  
Life's a dance and movement is my medicine.

### Quote

"If you want to go fast, go alone. If you want to go far, go together."  
African Proverb