

## MEDIA RELEASE

April 2015 | Indianapolis, IN

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### **“UNSTUCK AT LAST” OFFERS REFRESHING AND HUMOROUS INSIGHT ON POPULAR CLIFTON STRENGTHSFINDER ASSESSMENT**

*Amazon Best Seller shows how to use personality strengths to get what you want in your personal and professional life*

No one enjoys being stuck. We don't like being stuck in line, stuck in traffic, stuck in a dead-end job, or stuck in an unhealthy relationship. There's a strong sense of helplessness that being stuck triggers. We can become overwhelmed by the feeling that our current situation is insurmountable. With the release of *Unstuck at Last: Using Your Strengths to Get What You Want* ([www.unstuckatlast.com](http://www.unstuckatlast.com)), Gallup certified Strengths Coach Sarah Robinson offers a refreshing and often humorous look at why we so often misinterpret our own behaviors and cling to limiting beliefs.

In addition to solid advice on interpreting individual results of the Clifton StrengthsFinder® Assessment, *Unstuck at Last* also provides tips and recommendations for determining motivations and values, developing supporting relationships, finding personal champions, developing others, and much more.

As Robinson states, “Identifying your Strengths is only the first step on the road to becoming unstuck. Knowing what they mean and how to use them every day is where the real work — and the real rewards — lies. Embracing and utilizing your Strengths allows you to kick down the usual roadblocks and excuses and live the life you were meant to live.”

Robinson has worked with people at all stages of feeling “stuck” and helped them discover how to apply their Top 5 Strengths to gain clarity and direction both personally and professionally. Those experiences are what shape this book. Additionally, Robinson offers both bold and vulnerable insights learned from her own life as a friend, mother, and business professional. The same insight and aha moments which helped her, Robinson offers in this outstanding book with a sincere interest in helping others.

Covering topics from overcoming frustration and embarrassment to leveraging Strengths in personal and business relationships, *Unstuck at Last: Using Your Strengths to Get What You Want* will provide the understanding, guidance, and direction to not only get unstuck, but to help readers thrive doing what they do best.

Readers of the book have expressed great enthusiasm for Robinson's work, pushing it to Amazon's Best Seller list in April.

“In my children's book *Lights Out on Bullying*, I inspire children to stand up for themselves. In Sarah's book, *Unstuck at Last*, she teaches the rest of us how to break out of our own self-defined box, stand up for ourselves, and live the life we were destined to live. It's a hands-on, how-to – not a download. Brilliant!” says Chris Lytle, Fox Sports Commentator, Author, and UFC Fighter.

Martha Sanders Hoover, president of Patachou, echoes her enthusiasm for the book. “Since creating my company in 1989, I have had to rely on the talent and toil of a team of people. Understanding how people work together has been a critical factor in my company's success. If the team behind any product is unable to work together in a productive and purposeful manner, it does not matter what the product is, how beautifully packaged it is or how competitively priced it is. *Unstuck at Last: Using Your Strengths to Get What You Want* is one of the best management tools I have seen. Its focus on personal strengths contributes to a positive team-building environment. We all know that diversity of talent is important for any team to be effective. Understanding where someone's motivation comes from; what tasks, large and small, they naturally will do well; and how they process and communicate information takes the guess work out of team dynamics. Sarah Robinson's personal journey, coupled with her detailed yet approachable explanation of StrengthsFinder, takes the intimidation out of this important personal assessment tool.”

Sarah Robinson is a business owner, Gallup Certified Strengths Coach, Associate Faculty member, and community volunteer. In 2013, Sarah became the first of seven consultants worldwide to be certified by Gallup as an Individual and Team Coach using the Clifton StrengthsFinder® assessment. Sarah coaches individuals and corporate clients to fully maximize their potential and become Unstuck at Last. Contact Sarah Robinson at [www.FreshConceptsOnline.com](http://www.FreshConceptsOnline.com) to obtain more information about her speaking schedule, upcoming workshops, as well as individual and corporate coaching.

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