



SALLY Harris

SPEAKER * ESTRANGEMENT EXPERT * COACH

ABOUT ME

Sally Harris

MOMS OF ESTRANGED ADULT KIDS EXPERT

Sally Harris is the leading authority for mothers navigating estrangement and challenging relationships with their adult children.

As the creator and host of the “Moms of Estranged Adult Kids” YouTube Channel, Sally has inspired and equipped thousands of women worldwide with research-backed strategies, real-life hope, and compassionate support.

Drawing from her own journey of reconciliation and her 6,000+ hours of coaching, Sally delivers powerful, practical keynotes that empower audiences to break cycles of pain, reclaim peace, and rebuild connection.

Her expertise is sought by major media outlets, organizations, and support communities reaching families around the world. Sally’s mission: to help one million moms transform their families—and themselves.



SPEAKER DEMO VIDEO



WATCH SALLY SPEAK



SPEAKER ELEMENTS



EMPOWERING



ENGAGING



INSPIRATIONAL



ACTIONABLE



AUTHENTIC

Restoring Relationships: Courage, Strength, and Empowerment for Moms

How to Transform Heartache into Healing for Moms Navigating Difficult Relationships with Their Adult Children

Program Description

Every mother dreams of a deep, loving bond with her adult child—but for many, the reality is heartbreak, distance, or painful misunderstandings. If you're navigating tension or difficult dynamics with your grown child, you're not alone. Sally Harris, a trusted guide for mothers worldwide, brings lived experience and proven, faith-friendly strategies to help women move from silent suffering to empowered healing.

In this inspiring keynote, you'll learn how to break free from cycles of guilt, self-blame, and anxiety, and discover the inner courage and strength needed to reclaim your own peace and purpose. Through practical tools, real-life stories, and evidence-based approaches, Sally equips you with new ways to communicate, set healthy boundaries, and restore your self-worth—no matter your child's choices.

You'll leave with renewed hope, a clear path to emotional resilience, and the reassurance that restoration begins within. If you're ready to transform heartache into healing and isolation into community, this keynote offers your next step forward.

Key Learning Objectives & Audience Takeaways

- Uncover the Hidden Emotional Struggles Moms Face
- Master Proven, Faith-Fueled Strategies to Overcome Grief and Anxiety
- Experience the Transformative Power of the 3 Steps to Surrender
- Put Life-Changing Self-Care and Communication Tools into Practice
- Find Hope Through Real Stories of Resilience and Renewal
- Reclaim Your Strength, Self-Worth, and Purpose—No Matter the Circumstances

Faith often sees what fear cannot. You'll see it when you believe it.

TESTIMONIAL PAGE

I had the privilege of hearing Sally Harris share her deeply personal story and mission of helping mothers.

*Her presentation was one of the **most impactful** sessions I attended at The SHE Conference.*

*Through her **vulnerability, authenticity, and compassion**, she **transformed** a difficult and often isolating topic into a message of **hope, healing, and possibility**.*

- Melissa

*I had the honor of hearing Sally speak, and her message was truly **inspiring**. Listening to her share how powerfully God can work in a life that remains fully surrendered was both **encouraging and deeply moving**.*

*Hearing her story of reconciliation and restoration was **incredibly impactful**. Sally shared a powerful message of hope, reminding everyone that what seems impossible can become possible through God's grace. Her **authenticity, faith, and testimony** left a **lasting impression**.*

- W.G

*Sally communicates with such **clarity and authenticity**. She isn't afraid to be real and share her own experiences, which made her incredibly relatable.*

*Her presentation was the **perfect balance of practical and inspiring**. She shared just the right amount of information without overwhelming the audience, and every takeaway felt **useful and actionable**. What stood out most was her ability to make a room full of people feel like she was speaking directly to each of us.*

*I don't even have children, yet I walked away with so much because her message goes far beyond parenting. At its core, it's about becoming a better version of yourself regardless of what someone else chooses to do or how they treat you. Her wisdom applies to every relationship and every stage of life. If you ever have the opportunity to hear Sally speak, I **highly recommend** it.*

- Holly

IN THE MEDIA

Social Media Following

Sally Harris has a strong presence on YouTube and other social media platforms.

She posts regularly and engages deeply with her audience, which includes moms seeking guidance to overcome hopelessness and rebuild relationships with their estranged adult children.

YOUTUBE

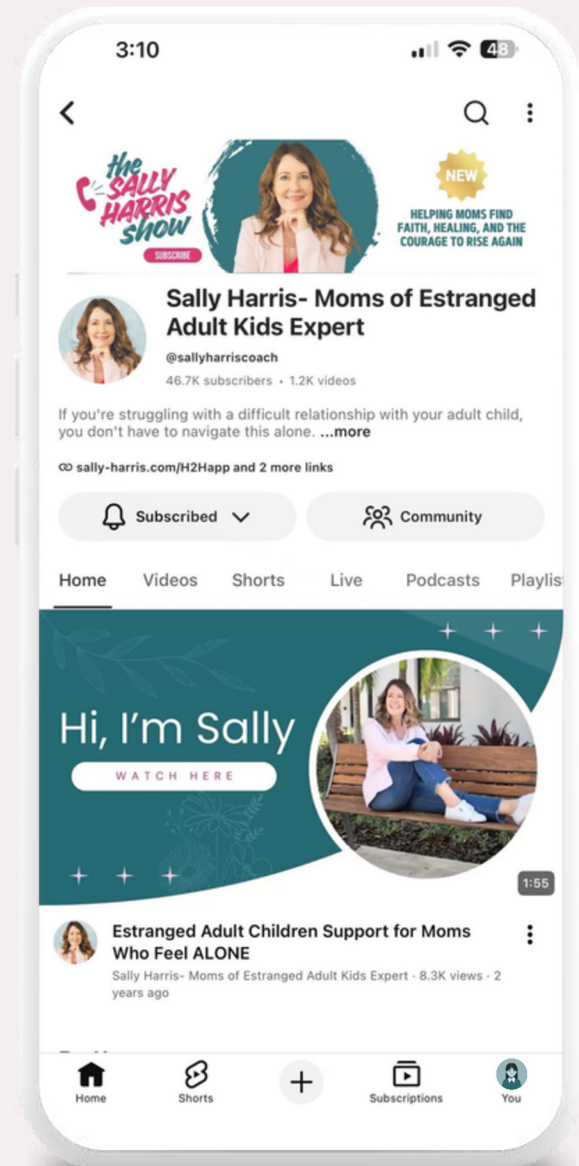


47K

SUBSCRIBERS

4M+
VIEWS

>1.2K
VIDEOS



6000 +

COACHING
HOURS

RESOURCES

Other Media Guesting

Here are some of the prominent shows Sally Harris has appeared on, in case you'd like to review them for background.



Families Divided
TV



The Justin American
Radio Show



Watching
America



MyLifeFull



Bite Your
Tongue



Her
Unshakeable
Confidence



Rise
Renewed



Let's Get
Real



Hope
Stream

FEE SCHEDULE

Speaking Fees & Engagement Options

Sally Harris delivers hope-filled, transformative programs for conferences, women's groups, faith-based organizations, and communities supporting mothers worldwide. Speaking fees reflect Sally's personal journey, proven strategies, and her commitment to helping moms heal, rebuild, and reconnect—wherever they are in their relationships with their adult children.

Keynote Address (60–75 Minutes)

Starting at \$2,500

An inspiring, practical talk for moms, family advocates, church groups, women's events, and support organizations.

Workshop or Breakout Session (Up to 2 Hours)

Starting at \$3,500

Interactive, supportive guidance and actionable strategies for mothers ready to deepen healing, enhance self-worth, and discover new paths to peace—tailored to your community's unique needs.

Panel, Podcast, or Q&A Appearance

\$750 – \$1,500

Bringing lived experience, expert insights, and real hope to conversations for moms everywhere, on panels, podcasts, and media interviews (virtual or in-person, subject to availability).



Fee Details & Flexibility

- Travel expenses (airfare, hotel, ground transportation) are additional for in-person events.
- All programs include a pre-event planning session and are customized for your audience's unique journey.
- Custom programs, group coaching, or ongoing support can be arranged—contact Sally for a personalized quote.



Let's Connect:

To discuss your event or request a custom proposal, email sally@sally-harris.com or visit www.sally-harris.com.



How to Reach Me



sally@sally-harris.com



www.sally-harris.com



Facebook



Youtube



Instagram