



Best People Solutions

Creating workforces that work.



Sara Best, principle consultant for Best People Solutions, utilizes the Bar-On Emotional Quotient Inventory to measure individual and group emotional intelligence. For the last 15 years she has providing training to groups and organizations on Emotional Intelligence, Teambuilding, Managing Change, Building Resilience, Communication, and Leadership Development. During that time, she has provided coaching, training, and consulting to individuals, teams and organizations working exclusively with emotional intelligence core competencies. She is a certified Emotional Intelligence Assessment Administrator as well as an experienced Emotional Intelligence and Performance Coach.

Best's mission is to help individuals, groups, and organizations to optimize their performance and their capacity to create positive outcomes in their lives. Best has also trained organizations and groups on stress management, navigating change, building effective teams, harassment awareness, humor in the workplace, and emotional intelligence. Some of the recipients of these programs include local organizations such as Lucas County Jobs and Family Services, Lucas County Board of MRDD, Dana Corporation, NSK Corporation, Bowling Green State University Student Health Service, Capital Bank, Toledo Area Community Credit Union, Service Spring Corporation, COSI Toledo, The Toledo Museum of Art, Harbor Capital Advisors, General Mills, and Nabisco Flour Mill.

In addition to her practical experience, Best received a Bachelor's Degree from the Ohio State University and a Master's Degree in Clinical Social Work and Administration from Eastern Michigan University.