
**Sarah Workman, MSW (2023),
JD**

Individual and Family Counselor,
Certified Florida Supreme Court Family Mediator
Circle of Security(R) Parenting Program Facilitator
Specialized Coach (Enneagram, ADHD, Empath)
Counselor under clinical supervision



*The Shepherd Institute
Counseling & Mediation*

1253 S. Tamiami Trail
Sarasota, Florida 34239
941.348.3528
sarah.workman@theshepherdinstitute.org

 [Log In](#)

[Home](#)

[About Sarah](#)

[Sarah's Approach](#)

[How We Can Help](#)

[Groups & Special Offers](#)

[Contact](#)





How We Can Help

Private
Counseling

Support
Groups
Topic-Specific

Divorce &
Family
Mediation

Our Podcast
You & Me & ADHD

Download 

Sarah Workman, MSW (2023), JD

*Individual and Family Counselor,**

Certified Family Coach (Enneagram, ADHD, Empath)

Certified Florida Supreme Court Family Mediator

Circle of Security(R) Parenting Program Facilitator

Certified Reiki Practitioner, Certified Pilates Instructor

1253 S. Tamiami Trail
Sarasota, Florida
34239

941.348.3528

Questions? Please text me at 941.348.3528 or
email me at sarah.workman@theshepherdinstitute.org

Type your message here...

Submit

**In process of earning licensure - currently under Clinical Supervision*

