

Sandra Gioe-Rieders

Call Me Courage Coach

Sandra Gioe-Rieders is a mentor, coach, and personal evolution teacher who helps individuals reclaim their confidence, reconnect with their inner strength, and rebuild trust in their own voice.



As Co-Founder of Call Me Courage, Sandra brings a trauma-informed, compassion-first approach to personal evolution—guiding people through healing, clarity, and the courage to create a life beyond survival.

With over a decade of experience mentoring work teams and coaching individuals, Sandra has seen firsthand that the most powerful catalyst for change is an empowered person. Her background as a sales director, partnership leader, and work-team coach has given her deep insight into what motivates people, what holds them back, and how to help them move forward with confidence.

Sandra's own healing journey—marked by resilience, self-discovery, and reclaiming her identity—fuels her passion for helping others find their way back to themselves. Through the Call Me Courage Podcast, she shares her personal story, frameworks, and conversations that illuminate the path from confusion to clarity, fear to empowerment, and self-doubt to self-trust.

Her work centers on:

- Confidence coaching and personal empowerment
- Trauma-informed healing conversations
- Helping individuals break cycles of fear, self-silencing, and people-pleasing
- Guiding listeners and clients toward clarity, courage, and authentic self-expression

Sandra believes that courage isn't loud—it's quiet, steady, and built through small, intentional steps. Her mission is to help people feel seen, supported, and capable of creating a life that feels like their own.