



About Sarah

Sarah Swafford is the founder of Emotional Virtue Ministries. Sarah speaks nationally to people of all ages on a variety of topics such as: Emotional Virtue, Dating and Relationships, Modesty of Intentions, and Interior Confidence. She is a graduate of Benedictine College and has been involved in ministry for over ten years. Sarah shares her message at school assemblies, retreats, rallies, and conferences across the country!



Sarah has appeared on EWTN's Life on the Rock and EWTN Live, and has been featured in the National Catholic Register. She is a contributor to Chosen, **Ascension Press' confirmation program and YDisciple's True Beauty; she has also** contributed videos for womenmadenew.com. Sarah is a proud team member of ChastityProject.com and has spoken at Steubenville Conferences around the United States and in Canada.

She currently resides in Atchison, Kansas with her wonderful husband, Dr. Andrew Swafford, and their four small children: Thomas, Fulton, Cate, and Kolbe. You can find more information about Sarah and Emotional Virtue Ministries at www.emotionalvirtue.com or by emailing contactsarahswafford@gmail.com.