

Sarah Adams , Assistant Director, LifeCourse Nexus at UMKC Institute for Human Development

Sarah Adams is the Assistant Director of the LifeCourse Nexus at the University of Missouri–Kansas City’s Institute of Human Development, where she leads national training and technical assistance efforts to advance the Charting the LifeCourse framework. With more than 20 years of experience in education and professional learning, Sarah brings strong expertise in curriculum design, adult learning, and systems change. She is passionate about driving person-centered practices and improving outcomes for individuals and families through practical, scalable strategies. Sarah holds a Master’s in Curriculum and Instruction from Baker University and is widely recognized for her ability to translate complex concepts into meaningful, real-world impact.