

Sarah Ambrose

ASPIRING SCRUM MASTER

I've spent years helping teams work better in environments ranging from large corporate operations to smaller close-knit teams. My experience includes facilitating stand-ups, improving workflows, coordinating between departments and vendors, and helping people stay focused under pressure. I'm naturally curious about what my teams do and how they function – not just internally, but how they connect to the larger organization, where communication breaks down, and what helps people collaborate more effectively across roles and departments.

I see Agile and Scrum not as frameworks to enforce, but as tools that help teams struggle less and deliver more. I care more about the team's output and long-term health than my own visibility, and I tend to do my best work by creating structure, reducing friction, and helping people communicate clearly. I'm empathetic, organized, observant, and straightforward, with a strong ability to build trust with people from all backgrounds. I'm looking to grow into a Scrum Master role where I can support healthy teams, continuous improvement, and better ways of working together.

Career Journey

Media and Marketing Team Lead

2021-2026

Hudson Automotive

RELEVANT EXPERIENCE

Kanban Problem Solving Coaching & Facilitation Scrum Board Conflict Resolution
Stakeholder Management Impediment Management Workflow & Time Management
Strong and Clear Boundaries Multiple Teams across Large Corporation

- + Introduced a Kanban workflow to track progress and reduce bottlenecks.
- + Coached team members and managers on effective behavior.
- + Facilitated communication between departments, vendors, and leadership to increase flow and reduce waste.
- + Identified process inefficiencies and improved delivery flow across teams.
- + Coordinated competing priorities while maintaining focus on team output and deadlines.
- + Built automations that reduced repetitive manual work and improved efficiency.

Team Lead

2020-2021

Gourmet Distribution

RELEVANT EXPERIENCE

Kanban Servant Leadership Problem Solving Coaching & Facilitation
Impediment Management Workflow & Time Management Conflict Resolution

- + Facilitated daily stand-ups to align team priorities and identify blockers early.
- + Managed and coached a small production team in a fast-paced environment.
- + Improved workflows and reduced waste while maintaining production goals.
- + Created organized systems that improved team efficiency and reduced friction.
- + Balanced shifting priorities while maintaining consistent delivery and quality.

Team Lead

2020-2021

Lifetouch

RELEVANT EXPERIENCE

Servant Leadership Coaching & Facilitation Conflict Resolution Problem Solving
Stakeholder Management Impediment Management Workflow & Time Management

- + Led a team through high-volume, deadline-driven projects while maintaining team morale and quality.
- + Facilitated daily stand-ups, coordination and logistics to keep projects running smoothly.
- + Improved workflows and standardized processes, increasing team efficiency by 25%.
- + Mentored and coached team members to improve collaboration and adaptability.
- + Coordinated across teams and stakeholders to ensure successful delivery.



REACH ME

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ABOUT ME

29/01/1989

Groningen, Netherlands

English (Native) Dutch (A2 and Learning)

Servant Leadership, Agile, Coaching Continuing Education, Graphic Design, Branding

Photography, Museums, Arts & Crafts, Reading, Astronomy, Music, Creative Writing, Travel

CORE SKILLS

Hard Skills

Agile & Scrum Agile Tooling Metric Tracking
Impediment Resolution Process Improvement
Workflow Coordination Operations Strategy

Soft Skills

Servant Leadership Facilitation & Coaching
Conflict Resolution Clear Communication Collaboration
Emotional Intelligence & Empathy Adaptability
Client Relations Team Development

CREDENTIALS



Professional Scrum Master I
Scrum.org

ACADEMIC BACKGROUND

Education

Culinary Institute of Charleston
Baking and Pastry Arts - Business Management
Charleston, South Carolina

Art Institute of Charleston
Graphic Design
Charleston, South Carolina