

Coaching towards success.

Mission Statement

To make a positive difference in the lives of those around me. This theme is central to my coaching practice. Helping companies and individuals recognize what is getting in the way of their success only happens through self-discovery.

I guide clients in finding **the power to create change.**

Executive & Life Coaching

Coaching helps you discover or align what is happening (or not) with your values and beliefs. Additionally, coaching creates self-awareness of how you respond to the world around you. It is a process and not a “quick fix.” Coaching is not a substitute for therapy. While these two modalities can overlap, the overarching goal of coaching is to design ways to **understand yourself** and **take action that brings you peace.**

Why Me?

I provide a **safe, confidential space** for you to brainstorm, reflect, and move forward. Clients have shared my value lies in asking insightful questions, being honest, and providing direct feedback, which leads to greater emotional intelligence and personal acceptance.

“Sheryl is very thoughtful in her approach to change management and helped us through a large reorganization of our teams into divisions. She also personally helped coach me as an Executive and I will always be grateful for her sage advice!”

- Colleen Bell, President, Innovation & Experience, Cambridge Investment Research

Why Work With a Coach?

With life and work blurring together, I coach executives and individuals in transition at home or in the office.

Below are some common situations in which coaching is helpful.

Navigating organizational culture.

Seeking new (or refining) leadership skills.

Leading and managing change.

Identifying and achieving goals.

Changing jobs or career choice.

Finding purpose after kids leave the nest.