

## Sheryl Alstrin Facilitator/Coach



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Sheryl is passionate about and specialises in coaching and facilitation with leaders and high performers to activate potential in all that they do. Leaders need to be able to recognize and take advantage of opportunities to ignite creativity and innovation in those around them; it helps teams gain stronger alignment towards business objectives and increases their ownership and determination. Sheryl's approachable style quickly builds trust, relationship and collaboration in a way that creates new space for creative ideas to emerge. While leaders feel energized from working with Sheryl, her strong focus on enabling bold action is what pushes them to get results, which is why clients choose to work with her for years and years.

As a facilitator, Sheryl is unique because she has been in your shoes. She knows what it's like to be stretched thin with big targets, complexities in the business, and complex people issues. Having held numerous leadership roles herself and through her work with over 1,500 leaders across the globe in the last decade, she has a deep understanding of what it takes to lead and inspire others, and how people's potential can align with business objectives. Her greatest joy comes from helping leaders re-connect with their original purpose and ongoing passion.

Sheryl has had an exciting and diverse career – from consulting with Fortune 500 leaders at Procter & Gamble, Nestle, adidas to name a few to being a partner in a start-up. She has led large teams in global corporations and small teams in the non-profit sector. She has worked in manufacturing, financial services, and even in the wine industry.

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Her certifications include:

- Certified High Performance Coach (High Performance Institute)
- Licensed in DISC
- Licensed in Kozai Group Global Competencies Inventory

In her facilitation and coaching, Sheryl quickly creates space that is safe for people to get to the heart of the matter, and in turn, helps them bring more heart to the challenges they face.

Outside of work, Sheryl is a dedicated Mom of two teens with whom she loves to travel and enjoy the outdoors. Residing in Portland, Oregon, Sheryl is a nature girl at heart and you can find her training for her next event on the hiking trails or cycling circuit.