

# Elizabeth Sherman



## A Master Certified Life & Health Coach

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In the huge arena of health and wellness for women in midlife, Elizabeth stands out as an example of what's possible for women in midlife. Her journey in this field began over 17 years ago, driven by a personal quest to reduce her own risk of breast cancer and tackle the health challenges she faced in midlife. This journey transformed into a calling to empower other women facing similar crossroads.

Elizabeth's approach is not just about addressing physical health; it's a holistic approach encompassing emotional, mental, and social wellbeing. She understands the unique challenges faced by women in midlife – from hormonal shifts to maintaining an energetic lifestyle amidst life's demands because she is there too! Her passion is to help women prioritize their health so that their health doesn't get in the way of the things they want to do in life.



## Speaking

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Elizabeth Sherman brings a wealth of experience from speaking on many stages. From the Association of Concierges of Mexico AC on stress management, and presenting health topics as the Fitness Director at Great Hills Country Club, to offering webinars, and presentations to peer groups. Her approachable method engages audiences in meaningful discussions on health's role in financial planning and personal well-being.

## Signature Talks

- Transitioning into & out of Midlife
- Hormonal Health
- Nutrition and Diet
- Exercise and Mobility
- Mental Sharpness & Stress Management
- Emotional Wellness
- Sleep Quality
- Independence and Aging
- Sustainable Health Habits

## Formats & Strategies

Elizabeth uses storytelling, interactive polling, and facilitates panel discussions to actively engage her audience. Her sessions are designed to be participatory, ensuring attendees leave with actionable knowledge and a deeper understanding of the health-wealth connection.

Elizabeth excels in workshops, panel discussions, breakout sessions, and intimate roundtable discussions. Her flexible presentation style allows for deep dives into complex topics, fostering engaging and insightful discussions.

## Signature Talks

Elizabeth aims to educate and inspire financial audiences to view health as an integral part of financial planning. She believes in empowering attendees with the knowledge to make health a priority, ensuring a more balanced and fulfilling approach to retirement planning and wealth management.

- **"Wealth and Wellness: Making Your Money Work for Your Health"** - Exploring ways to leverage financial resources to support long-term health goals, including preventative care, fitness, and wellness retreats.
- **"Aging Gracefully with Financial and Physical Health"** - Tips on preparing for the financial aspects of aging while also focusing on maintaining physical health, energy, and mental clarity.
- **"Navigating Midlife Transitions: Strategies for Wealthy, Career-Driven Women"** - Addressing how to balance professional ambitions with personal wellness during significant life transitions such as divorce or entering retirement.
- **"Investing in Your Health Today: The Unseen ROI for Your Retirement"** - Discover how prioritizing your health now can lead to significant returns on investment in your retirement years, enhancing both your wealth and well-being.

- **"The Health-Wealth Connection: How to Save Your Retirement with This Unusual Strategy"** - Unveil an unconventional approach to retirement planning that leverages your health as a critical asset, ensuring financial stability and a fulfilling life post-career.

What They Say About Elizabeth:

*"Elizabeth's ability to tailor her message to our specific audience was exceptional. She delivered valuable insights that resonated with everyone in the room."*

- Taylor H., Corporate Event Planner

*"Elizabeth brings a refreshing and dynamic energy to the stage. Her talks are informative, impactful, and infused with just the right touch of humor."*

- Samira R., Event Coordinator

Contact Details

Based in Mexico, Elizabeth is available for both in-person and virtual engagements, offering flexibility to conference and event planners. Her preference for interactive formats aligns with her goal of delivering engaging and educational content.

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