

# Elizabeth Sherman



## Health Behavior Expert | Master Certified Coach | Speaker

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### Bridging the “Knowing-Doing Gap” for High-Achieving Professionals.

Most workplace wellness fails because it provides more information to people who are already overwhelmed. Your team doesn't need more "tips" or "rules." They need a better system for health behavior. Elizabeth Sherman helps high-achievers move past the all-or-nothing mentality to build a "life-proof" foundation of health. Her "women-first, inclusive-of-all" approach focuses on the science of sustainable habits, ensuring that health becomes the platform for peak performance—not another item on the to-do list.

## Signature Talks

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Available as Keynotes, Virtual Lunch & Learns, or Multi-Session Wellness Tracks.

- 1. Lead Yourself First: The Health-Wealth Connection** Great leadership begins with how you lead yourself. When professionals prioritize their health, they unlock the mental clarity, emotional resilience, and executive presence required to lead others. Elizabeth explains why health is the ultimate retirement strategy and a non-negotiable productivity tool.
- 2. How to “Half-Ass” Your Health and Still Win** The #1 reason high-achievers fail at health is perfectionism. This talk introduces Elizabeth's 8 Basic Habits and the science of the “Minimum Effective Dose.” Audiences walk away with a flexible framework that doesn't break when their schedule gets loud.
- 3. Unshittifying Wellness: Bridging the Knowing-Doing Gap** Why is it that we can lead complex organizations but can't seem to get enough sleep or stop stress-eating? This session explores the behavior science behind our choices and provides tools to interrupt autopilot habit loops, replacing willpower with self-trust.



# Meet Elizabeth

Elizabeth Sherman is a Master Certified Health and Life Coach with over 20 years of experience helping leaders navigate the complexities of health and habit science. As the host of the Total Health in Midlife podcast (250+ episodes), Elizabeth has become a leading voice for women navigating the unique physiological and professional challenges of midlife.

Known for her refreshingly honest and evidence-based approach, Elizabeth specializes in "unshittifying" wellness, stripping away diet-culture noise to focus on what actually works for busy, high-functioning humans.

*"Elizabeth moved past the standard 'wellness tips' and gave our staff a realistic framework that actually fits into a demanding corporate schedule. Our team is still talking about it weeks later."*  
- Sarah, Director of People & Culture

*"She has a rare ability to bridge deep behavior science with practical application. Her talk was a powerful reminder that health is the platform for professional impact."*  
- Elena, Regional Conference Coordinator

# Book Elizabeth

Healthy people create healthy environments. Let's discuss how a tailored presentation can support your team's resilience and productivity.

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