

Elizabeth Sherman



A Master Certified Life & Health Coach

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 almost 20 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

Elizabeth Sherman has a rich background in speaking at diverse venues, including the Association of Concierges of Mexico AC on stress management and health topics as the Fitness Director at Great Hills Country Club. Her webinars and peer group presentations further demonstrate her ability to engage women leaders in deep, meaningful discussions about integrating health into leadership and personal development. Her accessible style encourages open dialogue, inspiring women to explore how wellness influences both their personal and professional lives.

Signature Talks

- 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 thrives in interactive workshops, panel discussions, and breakout sessions, where she can facilitate deep discussions on health as a cornerstone of effective leadership. Her sessions are designed to be intimate and impactful, allowing for personal reflection and professional development.

Elizabeth utilizes storytelling and interactive discussions to connect with her audience, making the sessions highly engaging and relatable. She encourages open conversations about health, body image, and leadership, fostering a supportive environment for personal and professional growth.

"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

Signature Talks

Elizabeth's goal is to inspire women in leadership to embrace self-care as a fundamental aspect of their leadership strategy. She believes in empowering women to lead by example, showcasing how personal wellness can enhance professional effectiveness and team dynamics.

- **The 8 Basic Habits of Healthy Women in Midlife: How to Half-Ass Your Health and Still Feel Amazing:** Forget perfection. Sustainable health isn't about rigid rules or exhausting routines—it's about small, consistent actions that add up over time. In this talk, Elizabeth shares the 8 Basic Habits that Healthy Women in Midlife Do and why "half-assing" your health is actually the key to long-term success.
- **Lead Yourself First: How Health, Confidence, and Self-Trust Elevate Your Leadership:** Great leadership starts with how you lead yourself. When women prioritize their health, they unlock greater confidence, clarity, and presence—key traits of exceptional leadership. In this talk, Elizabeth unpacks the critical link between personal well-being and professional success, showing leaders how to cultivate self-care practices that make them stronger, more effective, and more inspiring.
- **The Health-Wealth Connection: Why Investing in Your Well-Being is the Best Retirement Strategy:** For many high-achieving professionals, health has taken a backseat to career success. But delaying self-care until retirement can have costly consequences—both financially and in quality of life. In this talk, Elizabeth Sherman reveals how investing in health today leads to more freedom, longevity, and financial security in the years ahead.

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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