

SHERI RILEY®

Empowerment Speaker | High-Performance Life Coach | Award-Winning Author

Dr. Sheri Riley is a sought-after global speaker and transformational high-performance life coach, empowering high achievers to elevate their success without sacrificing peace. As the Founder and President of Exponential Living®, she has developed EL Solution, a proven framework that helps leaders align their personal and professional aspirations to enhance performance and increase productivity. Her mantra, “Peace is the New Success®,” challenges the traditional success narrative, equipping high performers with the clarity, confidence, and mindset needed to win in life and their career.

With over three decades of experience, Sheri has been a trusted partner to Fortune 100 companies, global brands, and elite organizations—including The Coca-Cola Company, JP Morgan Chase, NBA, and the Chicago Bears—delivering high-impact keynotes and executive leadership training. Her transformative presentations provide actionable strategies that redefine leadership by positioning personal development as the foundation for professional excellence. As an award-winning author of Exponential Living® - Stop Spending 100% of Your Time on 10% of Who You Are (Penguin Random House), Sheri’s work has been recognized by The NAACP Image Awards, Porchlight Books Business Bestseller list, and multiple industry accolades.

Sheri’s expertise has been featured in NPR, Essence, and Newsweek, positioning her as a leading authority in leadership development and high-performance strategy. Whether speaking to corporate executives, elite athletes, or high-performing teams, she delivers powerful insights that inspire actionable change and measurable results. Her dynamic presence, proven strategies, and transformative storytelling make her the keynote speaker of choice for organizations looking to develop resilient, high-impact leaders who thrive in every area of life.

For More Information

SheriRiley.com

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