



Empowerment Speaker | Life Strategist
Award-Winning Author

A former Sr. Director of Marketing for LaFace Records, Sheri helped introduce the world to some of the most influential, multi-platinum artists of the 90's including, Usher, TLC, and Toni Braxton. She currently serves as Founder and President of GLUE®, where she spent over 22 years “developing profitable partnerships” and providing consultation to corporations, personalities, products, sports brands, foundations and national cable networks like CVS, BMW, The Atlanta Hawks, NBA Entertainment, Alonzo Mourning Charities, BET Networks, The Ludacris Foundation, TNT, NIKE, Converse and many more. In 2014, Sheri transitioned the business from consulting and marketing to speaking and training.

As a trendsetter in the entertainment industry, Sheri spent 20-years creating innovative marketing strategies at Trelve Productions, a management and production company, in addition to working in Marketing for LaFace Records. She rose to the top of her field, yet she was miserable. Sure, she was successful, but something was missing. She couldn't buy peace, and material possessions didn't bring her clarity or joy. She came to the conclusion that she didn't really have a life beyond her career, and she felt like she was losing the connection to family and friends because she was putting work before them. Sheri was spending 100% of her time on 10% of who she was.

She resigned from her dream job at LaFace Records, at the height of her career, to pursue her mission of finding peace, clarity, and a well-balanced and courageous life. Her family and friends thought she had lost her mind. But Sheri knew something had to change. This is what inspired her to create the 9 Principles of Exponential Living®, which is the hallmark of her award-winning book, *Exponential Living® - Stop Spending 100% of Your Time on 10% of Who You Are* (Penguin Random House). It's the ultimate guide to help high achievers learn how to integrate their personal desires into their life, without detriment to their professional achievement, and teaches them how to make choices, that lead to less stress, better clarity, and more fulfilling lives. The book has garnered several Self Help “Book of the Year” awards, it was an NAACP Image Award nominee and made it on Porchlight Books Business Bestsellers for June 2019.

Sheri's motivational keynote presentations are based on the 9 Principles of *Exponential Living®*. These principles will ultimately teach businesses how to create company cultures for their highest performers, which will help eliminate employee burnout, an issue that can jeopardize productivity and impact retention. She speaks around the world, sharing her message of "*Peace is the New Success®*".

She's a founding member of the global John Maxwell Team and has given empowerment speeches and facilitated transformational workshops for; JP Morgan Chase, Delta Air Lines, Prudential, The Coca-Cola Company, Humana, ThinkAton (Nigeria), Atlanta Hawks, Steve Harvey's Act Like A Success Conference, PECO/Exelon, CVS Health, Turner Sports, CNN, Tom Joyner Foundation Fantastic Voyage, National Basketball Wives Association Conference, University of Georgia Women's Basketball Team, the NAACP, and many more. She serves on the National Arts & Letters Commission for her sorority, Delta Sigma Theta Sorority, Inc., the University of Louisville Alumni Board of Directors, and the GPA Board for her daughter's middle school.

Sheri is a wife, mother, daughter, empowerment speaker, life strategist, award-winning author, founder and an entrepreneur.