

Sherra Humphreys

As an entrepreneur and leader with over 14 years of direct sales experience, Sherra knows the power of words and the value of providing extraordinary training and coaching for women who want to learn how to take better care of themselves. You will see and feel the benefit of those words.



As the mother of 4 including a set of twins, with over 18 years of experience, Sherra also knows what the power of guilt and feeling overwhelmed can do to a parent with the responsibilities of raising our next generation of leaders.

She is a speaker, adult education trainer and business owner. She is a mother, wife and friend. She is smart, funny and caring (at least that's what her friends say). **Most of all, she is real.**

A sampling of topics that can be customized for your organization include:

The Art and Power of one tiny word: For women who do too much and can't say "no" because they were raised to be polite and help others before taking care of themselves.

Quality Time for You: How to carve out quality time so you can take care of yourself first without feeling guilty and selfish.

The Balance Buzzword: Why balancing work, family and personal life is a myth that keeps us feeling inadequate & how to change it.

Does Your Inside Match Your Outside? Also known as the "I'm Fine" syndrome. Why women still aren't comfortable talking about feeling unhappy especially when everything looks great on the outside.

Teenagers: Why we keep quiet about the stress of raising teens and how to find support without feeling crazy.

Mixing a healthy dose of humor with real life lessons guaranteed to make you:

•**Think differently**

•**Get *real tools* to use in daily life**

•**Help show you the way to stop feeling guilty and start laughing more!**

As a direct sales top leader and homebased business entrepreneur, Sherra's business accomplishments include national, regional and local training and speaker events throughout the United States. She has received national sales and recruiting awards, numerous incentive trips, is a Million Dollar Club member and recipient of the Bright Idea Award.

She served as President of the Gwinnett Mother of Twins Club which is a nonprofit support group providing local support in her community to over 300 mothers of multiples.

On a personal note, Sherra is a mom who understands the value of teaching her children to become self-sufficient, contributing members of society so they can move out. She looks forward to more travel, more golf and knowing where her scissors and tape are at all times.

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