



## Sheryl Alstrin

Engaging, insightful and dynamic, Sheryl has a passion for facilitating and witnessing others embrace their greatness while contributing to the organization's results. Her unique mix of high-energy facilitation, business savvy and deep passion serves Verus Global Program participants around the globe in identifying their strengths and inspiring game changing action. Her ability to foster trust and build relationships provides a rich foundation for enabling teams she works with to do big things.

Sheryl joined the Verus Global team in 2011 and quickly became instrumental in equipping leaders to rise to their potential. She brings over 20 years' corporate experience in general business and leadership with a rich understanding of the people part of the equation. She has experience in training, instructional design and business consulting for companies including Adidas, Coca Cola, and Vestas North American Wind Technology. In addition, she has experience as a founding partner in a successful start-up. She's lead high-profile, high-return change and workplace learning projects domestically and overseas. Her proven business leadership and collaborative style have created impressive results in large corporations, small businesses and non-profit organizations.

### Areas of Expertise Include (but are not limited to):

- Performance Management
- High Performance Coaching
- Team Alignment and Communication
- Frontline Teams
- Strategy

Sheryl's curious mind and sense of adventure keeps her a lifelong learner and explorer. She received her B.S. in Business Administration from Arizona State University and a Graduate Management Qualification from Australian Graduate School of Management. In addition, she is the Past President of the ASTD Portland Chapter and her accreditations include Kozai Group Global Competencies Inventory Tool Facilitator and DiSC Personal Profile System.

***“Witnessing participants make deeper connections with self, with colleagues, with family, with the power to truly make a difference in results while honoring others is one of the most compelling things I love about our work.”***

### More about Sheryl:

Sheryl's greatest blessings include her two teenagers that make her life a whole lot richer, busier and full of laughter. She enjoys spending time outdoors, with her kids, hiking in the Northwest in the spring and Summer – and in the Grand Canyon in the fall. She passionately believes in meaningful work and play, volunteering for Big Brothers Big Sisters and being active in her kids' various activities.

Trusted partner to many, including: P&G, Tillamook, Nestlé, Northwest Cosmetic Lab, Cascadia Behavioral Healthcare and Ecolab.