

**Background: Sheron Brown, PhD, Certified Health Coach**

As your health coach, I partner with you to help you transform your health and well-being. After two decades as an educational leader and classroom teacher, I am fully aware of the demands of being successful in a fast-paced, high-stakes environment while managing my well-being for optimal health. This experience is the foundation of my focus on helping busy professionals achieve their wellness goals.

In my mid-thirties and early forties, I suffered with annoyingly severe adult acne, pain in my back, knees and hips, and was overweight, and pre-diabetic, all due to high stress, a poor diet and an inactive lifestyle.

Through a *patient journey with food and yoga*, I was able to relieve myself of those ailments, and am now able to live and work with increased joy and productivity.

Now as a certified health coach, I am passionate about helping you do the same.



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**Training and Education**

The Institute for Integrative Nutrition, New York City  
*Professional Training and Certification Program*

The Yoga Center of Columbia, Columbia, MD  
*Professional Training Program*

NeuroLeadership Institute  
*Certified Brain-Based Coach*

Capella University, Minneapolis, MN  
*PhD in Professional Studies in Education*

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**Certification and Accreditation**

*American Association of Drugless Practitioners (AADP)*  
Board Certified and Accredited Member

*Yoga Alliance*  
Approved Registered Member

*International Coach Federation*  
Accredited Member

*Maryland State Department of Education*  
State Certified Teacher and Leader

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**Other Experience**

Sweet Eden by Sheron – Individual and group health coaching clients  
Goodie Goal Setting, Inc. – Integrated wellness workshops  
Laurel Parks & Recreation – Yoga and wellness sessions

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**Publications**

Holistic Health Articles and Newsletters  
Used for distribution to clients and email subscribers

The Wellness-Purpose Connection™  
Book author

4 Weeks to a Lifetime of Wellness  
Bronze Magazine featured article

The Core Deconstructed  
Book author

7 Steps for Unleashing Your Bronze Girl Magic  
Bronze Magazine featured article

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**Contact Information**

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