



Sheri Colosimo

Workshop + Event Presenter



ABOUT SHERI

Sheri is a respected leader and trusted confidante for small businesses. She works with individuals to create achievable business strategies that inspire action and offers accountability coaching for their own growth as leaders.

Her impact spans multiple industries including wellness, hospitality, and the customer experience in the roles of operations, content creator, event curator, and retreat lead.

Her work creating and facilitating unique workshops, events, and retreat experiences has been celebrated by organizations across the country committed to developing conscious leaders, supporting personal growth, and deepening human connection.

SERVICES



My goal is to work with clients to custom curate material that will inspire your group.

Lunch + Learn
Corporate Retreats
Team Building
Coaching
Speaking Engagements
Yoga + Meditation Classes

EXPERIENCE



Sheri's work creating and facilitating unique workshops, events, and retreat experiences has been celebrated by organizations across the country committed to developing conscious leaders, supporting personal growth, and deepening human connection.

Thankful for these companies for their trust in my ability to support their teams:

Apple Leisure Group

Devils Thumb Ranch

Global Group Inc.

Hyatt Hotels

San Diego Airport

Daybreaker

Yoga Journal Conference

Wanderlust Festival

Business Den

The River Yoga

Just Be Kitchen

Kohler Company

Vibe Yoga

Palm + Pine

The Ritz Carlton

[Hear more about other client experiences with Sheri](#)

LEADERSHIP WORKSHOPS

CORE VALUES FOR CLEAR VISION

Core Values represent our deep held beliefs. They are the guardrails for our work and life and keep us on our path and in our light. We can tap into our Core Values to guide us back to our best selves and support authentic decision making and growth.

In this workshop, participants will learn:

- How to identify their Core Values and understand alignments and misalignments at work and home.
- How to create clear and meaningful action to find personal and professional fulfillment.

THE ART OF LISTENING

Listening skills are vital to successful connection in business and in life. When we make a conscious effort to understand what people are really saying, we can deepen connection and strengthen relationships with our colleagues, friends, and family.

In this workshop, participants will learn:

- What active listening is and why it is key in all relationships.
- Common barriers to active listening and the disconnect that is created from not being present.
- The tools of breath work, meditation, and mantra to ground the body and mind to be present for skillful communication.

KNOW YOUR WHY

Your why is your purpose in life. Crystallizing your why into a mission statement helps you solidify what matters most to you. It can then serve as a truthful reminder as you navigate decisions for work and life and ultimately how you show up in the world.

In the workshop, participants will learn:

- How to better understand their unique purpose in life.
- The steps to create their own personal WHY statement.
- How to create action that aligns with their WHY.

MINDFULNESS FOR CONFLICT RESOLUTION

Mindful communication is an art form that involves expressing yourself authentically and respectfully, while also being attentive and responsive to the needs, feelings, and perspectives of others. Using mindfulness as a tool, can build trust, develop understanding, and strengthen relationships.

In this workshop, participants will:

- Learn the tools to engage from understanding and empathy.
- Understand areas of opportunity to apply mindfulness practices to strengthen relationships.

LEADERSHIP LEGACY

A legacy speaks to how you want to be remembered as a leader. Now, more than ever, we need leaders who will make their organizations better places to work through their everyday actions and be a guiding and trustworthy light for their teams.

In this workshop, participants will:

- Understand their leadership story + the unique contribution they can make.
- Define their Core Values as tools for clear and effective action.
- Learn the key leadership skills to positively impact others.

CULTURE OF FEEDBACK

Feedback within in a company is vital. As leaders, we are responsible for seeing the potential in our team and supporting their growth, Delivering feedback that is clear, kind, and action oriented is not always easy.

In thjis workshop, participants will:

- Understand why consistent feedback is important for team member growth and retention.
- Develop the skills to create an effective feedback culture.

DAY RETREATS

REDEFINING SELF-CARE DAY RETREAT

Self-care has become a buzzword synonymous with external rewards. It also can induce guilt if we think that we are being selfish or self-indulgent. Yet the importance of paying attention to the mental, emotional, spiritual and physical well being is needed now more than ever.

During this day retreat, participants will:

- Contemplate what brings them joy and how to be reconnect with themselves.
- Will uncover what hinders a commitment to self-care.
- Walk away with a self-care action plan.

SPRING CLEARING DAY RETREAT

Spring is the season to plant and nurture ideas + create new beginnings. As leaders, it is important to take the time to slow down, reflect, and take a breath after the New Year charge.

During this day retreat, participants will:

- Recharge with movement + mindfulness practices
- Reprioritize what matters most and create an action plan to bring it to life.
- Be led through an engaging workshop designed to plant new ideas that align with Core Values and desired growth.

END OF SUMMER CLEARING DAY RETREAT

As the summer comes to an end, we take a moment to reflect and gain clarity before moving forward. The End Of Summer Clearing Retreat is an opportunity to decelerate and get clear on your goals for the upcoming season.

During this day retreat, participants will:

- Experience reflective practices to get clear + organize thoughts.
- Realign with their Core Values as a path towards fulfillment.
- Simplify what is on their to-do list and calibrate it back towards what matters most.

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INTRO TO BREATHWORK

Mindful practices such as breathwork have been shown to decrease stress, promote relaxation and provide more energy and focus. Breathwork practices manipulate the breath through different patterns, lengths, and repetitions of inhalation, exhalation, and retention.

In this workshop, participants will:

- Learn to breathe in a conscious way to support mental, physical, and spiritual well-being.
- Experience a short movement practice to open the body followed by a guided breathwork session and meditation.

INTRO TO MEDITATION

Meditation is an opportunity to build awareness in your everyday. We will demystify the practice and learn how cultivate a different relationship to our thoughts and emotions through an interactive and experiential practice.

In this workshop, participants will:

- Learn the benefits of meditation and how they apply to their life.
- Have an accessible experience of various styles of meditation.
- Receive practical tips on how to integrate meditation into their everyday life.

LET'S CONNECT



Reach out for a complimentary discovery call to share
your needs and vision.

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SHERI COLOSIMO RESUME