

# Bernette Sherman

Speaker, Wellness Guide & Author



Bernette is a creative empath on a journey of love and wellness. While transforming her body and shedding more than 30 pounds in 3 months she realized the real transformation was from the inside out.

Bernette uses her experience as an author and playwright, along with her holistic wellness journey, nutrition education, and experience as a public and community health professional to help others write a new story of whole-life wellness. Bernette is a certified nutrition coach and holds an MPA from the Andrew Young School of Policy Studies at Georgia State University. She's also a former Miss Black Georgia-Metroplex, Miss Black International and Mrs. Cobb County, GA-America. Founder of That Shero Life.

As Seen In: **Pageantry Magazine** **Georgetown Times** **Pittsburgh Post**

## SIGNATURE TALK

*Write Your Epic Life of Wellness*

- ✓ Apply key elements of epic stories to real life to create whole-life wellness.
- ✓ Be the author and hero or shero of your own epic life to rewrite your narrative.
- ✓ Leave with key strategies and principles for more wellness across your whole life.



## OTHER TALKS & TOPICS

- ✓ *Power of Five: Wellness for Real Life*
- ✓ *Whole-Life Wellness: A Look at the major dimension of wellness*
- ✓ *Who Moved My Curves? Women's Wellness for Midlife and Beyond*
- ✓ *Wellness at Work: Wellness as part of the culture*



## BOOK BERNETTE:

✉ [Hello@BernetteSherman.com](mailto:Hello@BernetteSherman.com)

🌐 [BernetteSherman.com](http://BernetteSherman.com)

📞 404-939-5885