

Sheryl Worthington

SPEAKER • AUTHOR • COACH

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POPULAR TOPICS:

How to Choose the Best Cleanse for You

Whether it's a desire for cookies, chips, a rich cheese dip or something else that appeals to your cravings for salt, fat or sugar, if you find yourself eating when you didn't intend to, maybe it's time to try a cleanse. Many cleanses are either too drastic, don't fit in with your busy schedule or have you feeling like you're living on air instead of food.

Do you know what you're looking for in a cleanse? Different cleanses have different purposes. We will talk about what your goals are, what best suits your lifestyle, and how to get the most out of a cleanse.

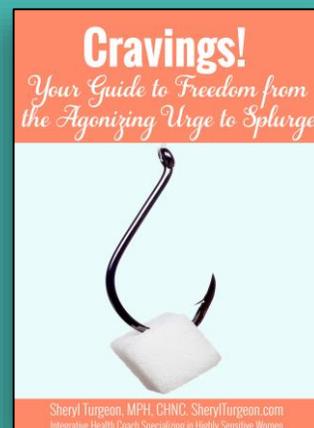
Finding Strength Through Sensitivity

Do you squint when you walk outside? Does loud noise startle or irritate you? Maybe certain textures or tags on clothing make your skin itch. Chances are you're highly sensitive. The trait that is most talked about with Highly Sensitive People, though, is emotional sensitivity. Explore your strengths and how to live in a way that helps you embrace the beautiful, sensitive soul you are. We'll talk about ways to manage our feelings and environment that lift us up to be the healers, creatives, advisors and thought leaders we were meant to be!

BIO:

An Integrative Health Coach for Highly Sensitive People, Sheryl Worthington has been helping her clients create powerful health, nutrition and career transitions that inspire them to be healthier, more vibrant and passionate versions of themselves.

She earned her Advanced Certification at the Institute for Integrative Nutrition in NYC and is a member of the International Association of Health Coaches. Sheryl Turgeon began reaching out to others by hosting a Boston radio show and an international TV program called Living Healthy, as well as writing a monthly health column and her book, *Cravings! Your Guide to Freedom from the Agonizing Urge to Splurge*.



Cravings! Your Guide to Freedom from the Agonizing Urge to Splurge

Many struggle with agonizing, uncontrollable cravings. Weaving stories and practical tips, tools and resources into this little book will help you find freedom from the urge to splurge. This book gives you everything you need to get you on the path to a freedom you may never have experienced before.

"I would highly recommend Sheryl as your next speaker, as her own ability to gracefully navigate the same experiences as her audience uniquely qualifies her to help others do the same."

~Joanie Winberg, Divorce Mentor
FreshStartAfterDivorce.com