

# CAA Team Member

## Engaging Hearts & Minds for Extraordinary Results

*“Insightful, strategic, action oriented...meets you where you are, alters your reality and provides you with the skill set to launch you into the future you’ve dreamt about.”*

Cheryl Alexander Stearns is CEO and founder of Cheryl Alexander & Associates. She and her associates are catalysts, dedicated to helping people become high performance authentic leaders...leaders who inspire, engage, and achieve with and through others.

Cheryl’s first career, creating and managing a successful executive search firm, spanned more than two decades providing her keen insight into the characteristics and traits required of great leaders across professions, industries and cultures.

In 2001, Cheryl shifted her focus to developing the 4 C’s, character, competency, commitment and capacity, in people who want to achieve more professionally while maintaining a life of meaning and purpose.

Expanding her multicultural education at the University of Minnesota and in Asia, Cheryl was awarded coaching and assessment certifications from the Center for Character-based Leadership, the Center for Creative Leadership, the Association for Psychological Type, Institute of HeartMath (stress management & zone performance), Learning in Action Technologies (emotional intelligence), Meyers-Briggs Type Indicator (MTBI) and Heartland Circle (the art of convening), and the Institute of HeartMath (licensed trainer, and coach in resilience, stress management & zone performance).

Cheryl is recognized as an accomplished executive coach known for achieving rapid and transformative results. She has blended the innovative concepts of multiple leading edge organizations with extensive practical experience.

Her clients range from aspiring next generation leaders developing foundational skills for leadership and career growth, to seasoned executives and organizations facing the challenges of rapid change, ambiguity, and the changing global workforce.

Cheryl Alexander and her Associates will help you bridge the gap from where you are today to fulfilling your highest potential and living a life of meaning and purpose. Call her today to realize your future!



**Cheryl Alexander Stearns**

To learn more about Cheryl go to [www.linkedin.com/pub/dir/Cheryl/Alexander](http://www.linkedin.com/pub/dir/Cheryl/Alexander)

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**Cheryl Alexander & Associates**

*Leaders Engaging Hearts and Minds*