



*“Cheryl is a rare individual combining courage, empathy, intelligence, listening, creativity, hard work, sensitivity with a commitment to making you the very best you can be.”*

## **Career Background**

Throughout her career, Cheryl has connected people across cultures and generations building trust, respect and collaboration. She is a catalyst for individuals to authentically embody their values, talents and passion both at work and at home, while encouraging others to do the same.

Cheryl’s first career, creating and managing a successful executive search firm, spanned more than two decades. It provided her keen insight into the characteristics, skills, and values of great leaders. In 2001, Cheryl shifted her focus to developing people and organizations to achieve more while fostering a culture that engages both hearts and minds. This was the beginning of Cheryl Alexander & Associates.

Cheryl received her B.A from the University of Minnesota. She is a certified coach and trainer for Transformational Leadership, Emotional Intelligence, Zone Performance, Resilience, and Stress Management from the Center for Character-Based Leadership, The Center for Creative Leadership, Learning in Action Technologies, and the HeartMath Institute.

## **Noted Accomplishments**

- Created and delivered customized leadership development training and coaching programs for multiple global Fortune 500 companies, resulting in greater engagement, resilience, and retention.
- Since 2003, seventy-two percent of CAA’s leadership development exchange graduates have moved on to new roles or responsibilities in their company within one year. Results are described as transformational, energizing, and empowering.
- Appointed to the U.S. Secretary of Energy’s Advisory Board. Traveled to South Africa as a delegate for the President’s Trade Mission on Sustainable Energy and Empowerment, was a delegate at the Fourth United Nations Conference on Women in Beijing, and at the World Economic Forum in Madrid.
- Served on the faculties of the University of MN Carlson School of Management, The University of St. Catherine and Capella University.

## **Specialties**

- Leadership & Career Development Strategy
- Executive Consulting & Coaching
- Mentoring Programs
- Family Owned Business
- Work/Life Integration
- Emotional Intelligence
- Stress Management & Resilience Training
- Zone Performance

## **Industries**

- Financial Services
- Healthcare
- Distribution
- Manufacturing
- Recruiting
- Higher Education

## **Certification**

- MBTI, Step 2
- HeartMath Trainer
- Benchmarks 360
- Emotional Intelligence