A dynamic speaker, life-motivator, published author, blogger, professor and podiatrist, Dr. Sharri Coleman is dedicated to helping others by empowering, equipping and walking with you as you reconnect with your Soul. She bridges the gap between her medical background and her spirituality by encouraging audiences to be true to themselves spiritually, mentally, physically and emotionally. Dr. Coleman is committed to the empowerment of every individual, especially women, to refocus, realize and utilize the strength that lies within. Whether she stands before a church audience, in an academic setting or with a medical/health agenda, she is enthusiastically committed to the empowerment of every individual, especially women, to refocus, realize and utilize the strength that lies within.

Born and raised in Edgewater Park, New Jersey, Dr. Coleman graduated from the Philadelphia High School for Girls in Philadelphia, PA and went on to receive a Bachelor of Arts degree in Chemistry/Pre-Medicine from Spelman College in Atlanta, GA in 1993. In 1998, she obtained a Doctor of Podiatric Medicine (DPM) degree from Temple University School of Podiatric Medicine.

Combining her thirst for teaching and mentoring young people, Dr. Coleman deviated from her career in medicine, opting to teach. She taught Science and Chemistry in the Oklahoma City Public School system for seven years. In 2006, while still teaching high school Chemistry, Dr. Coleman began teaching at the University of Oklahoma in the African and African American Studies program (AFAM). Presently, Dr. Coleman serves as an Adjunct Professor for AFAM and Women and Gender Studies.

Not only does she assist young people in the educational system, but Dr. Coleman also encourages and mentors young people at her church, where her husband serves as Pastor. She leads the Women’s Ministry and has spoken at various Women’s conferences, luncheons and services throughout the country. Sharri is a former diabetes education instructor, a former board member of the Oklahoma City American Red Cross and presently serves as Chaplain of the Oklahoma City Chapter of Jack and Jill and the Board of Visitors for Casady School. Dr. Coleman is also a member of the National Association of Professional Women.

Dr. Coleman is the author of the book, *Gained Everything Without Giving up Anything: Lessons Learned on my 40-day Family-focused Journey.*

Dr. Coleman has been married to Rev. A. Byron Coleman III since July 1997 and is blessed with two sons, Chandler Avery and Courtland Alexander.