



**LIVE LIFE
BEYOND BARRIERS**

Equipping & Empowering YOU to Live Beyond Life's Barriers



Sherica A. Matthews

Author, Speaker, Life Coach & Consultant

Media Kit

"You have to make a decision."

Just a few years ago, I was feeling defeated, lost, and confused. My marriage was falling apart. My health was declining. And everything that I thought I knew about love, faith, and God was challenged.

I felt ashamed and embarrassed. I was unhappy and dissatisfied with life.



Relationship/ Dating Coaching

Relationship Coaching provides results-oriented, client focused service specifically designed to help clients achieve success in his or her personal and business relationships.

One on One Coaching Includes:

- 6 month Transformation Program
- 3 Month Metamorphosis Program
- 30 day Jump Start Program



Relationship/ Dating Consulting

Relationship Coaching gives immediate answers for an immediate problem. Consulting may solve an immediate issue, but it does not always prevent the issue from recurring.

One on One Consulting Includes:

- Solutions & Recommendations
- Expert help in delivering and executing a solution
- Short term commitment

RECOGNITION

Activities:

- Gracious Divas Network - Board Member, Vice President
- Wealthy Sisters Network - Member
- Women Empowering Change - Business Professional Member
- Caring Professionals - Member



Awards:

- Valuable Project Team Member – 2015
- SUPLEX Caring Professional – March 2013
- Most Valuable Team Member – December 2009
- Safety Recognition Award – Feb. 2006
- Three Carat Recognition Award – Oct. 2006
- Three Carat Recognition Award – May 2005
- Henry C. Goodrich Service Award
- Gene Mitchell Gray Pioneer Award
- Ronald McNair Scholar

SPEAKER

The Breaking Barriers Experience

The Breaking Barriers Experience is focused on teaching strategies for overcoming the barriers that's keeping you from being successful in life and in love. This incredible session can be customized for maximum impact with your particular audience.

Breaking Barriers: Teen Edition

Specifically designed for teen girls between the ages of 12 to 18, this Breaking Barriers experience is focused on teaching girls the tools they need to create healthy personal relationships and restore their confidence in who they are and who they were created to be.

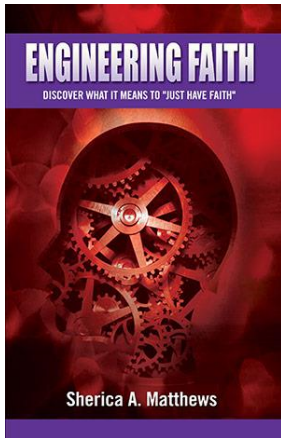
Engineering Your Faith After Losing Your Relationship

Based on my Best Selling Book: Engineering Faith, participants in this experience will walk away with the tools to heal from heartbreak, the techniques to apply faith in a practical manner during the healing process and the confidence to move forward and create new, meaningful relationships..

Previous Speaking Engagements

- Girl Scouts, Topic: Engineering Your Success
- St. Philip's Lutheran Church, Singles Conference –
Topic: Engineering Faith for Singles
- Landis Elementary School, Ladies of Distinction Keynote Speaker –
Topic: Engineering Your Success
- Life Changing Conference – Topic: Engineering Success
- Wealthy Sisters Network – Topic: Engineering Faith
- Wealthy Sisters Network – Topic: Engineering Success
- Nzuri Natural Hair Show Topic: Overcoming Disappointments
- Tamara Gooch Real 2 Real Blog Talk Radio: [BlogTalkRadio](#)
- Nathan Saltar Maximizing Singleness Blog Talk – no recording
- Rapha Village Church- Graduation Program – Topic: Engineering Success





Through a series of helpful tips, personal stories, and life application, you will discover many life lessons you can begin applying today to begin living your life on purpose and in purpose.

Paperback: 140 pages

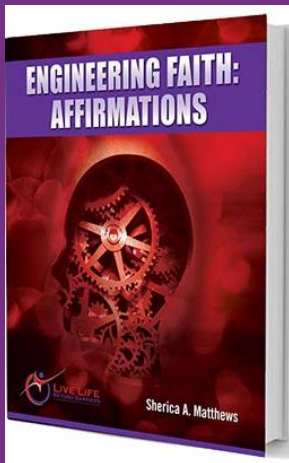
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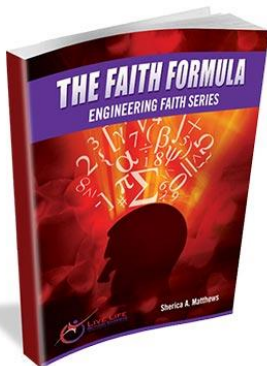
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Product Dimensions: 5.5 x 0.3 x 8.5 inches



“Faith comes by hearing . . .” Speak words of hope, love, and assurance to change your life from the inside out. Use this affirmations guide as a starting point for changing your beliefs and changing your life.



Did you know that there is a formula for applying faith to your life? The Faith Formula eBook is a transformational, short, easy to read manual that teaches you the faith formula and how to apply it to your life.

COURSES

Dating, Relationships, Situationships



There seems to be a confusion about the differences between dating, relationships, and situationships. And it is this confusion that leads many women to experiencing heartbreak and disappointment with the men that they spend most of their time with.

In this class, participants learn:

- ♡ The differences between dating, being in a relationship, and being in a ***SITUATIONSHIP***
- ♡ The signs that you may be in a ***SITUATIONSHIP***, not a relationship
- ♡ 5 Tips to keep you from falling into the traps of a ***SITUATIONSHIP***

COURSES

Overcoming Disappointments



There seems to be a confusion about the differences between dating, relationships, and situationships. And it is this confusion that leads many women to experience heartbreak and disappointment with the men that they spend most of their time with.

In this class, participants learn:

- How unresolved disappointments could be affecting you
- 4 main causes of disappointments
- 5 practical ways of overcoming the hopelessness and discouragements

BIOGRAPHY

Sherica A. Matthews is dedicated to helping women of all



ages push past their obstacles, change their limiting beliefs and begin living the life they've always wanted. As a graduate of the Electrical Engineering program at The University of Tennessee, Knoxville, she has enjoyed more than 10 successful years in the Oil and Gas Industry in Houston, Texas. She chose a career as an engineer because she wanted to improve the quality of life for people around the world – which is the definition of an engineer. Through both her successes and challenges, personally and professionally, she was inspired to start her own company. As a professional life & relationship coach, she fulfills her passion of equipping and empowering women through her books, speaking, and training/coaching programs. Ms. Matthews helps her clients create the lives they truly desire by transforming their minds, spirits, and actions. Ms. Matthews currently resides in Houston, Texas, with her rescue dog, Tobie.

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