



Sheila Lambert Bio

Sheila Lambert, MS, MS, MLADC, CWWA is the President and Founder of Lambert Leadership Coaching, LLC. She works with Leaders and Organizations to optimize the development of themselves and/or their teams. She supports and guides leaders in balancing their conflicting responsibilities so that they can show up as a clear, confident, and effective leader.

Sheila gained clarity and passion in Leadership Coaching from her experience as an Executive Leader in a multidisciplinary organization where she led various teams through transformational change. She knows first-hand how critical balance and resilience is while being faced with multiple responsibilities within an organization. Sheila believes that all humans are creative, resourceful, and whole and that working on resilience is key to leading teams toward a positive culture of engagement. Through her own coaching she was able to learn to lead with her values of authenticity, honesty and trust that not only helped her to lead with confidence but also has well positioned her to help hundreds of leaders through their own leadership journey.

Spending more than 30 years in the counseling and coaching world, she has extensive experience guiding an individual through their own self-discovery, helping them to develop courage to lead, and challenge them to build on emotional intelligence so that they develop into the confident leader that they want to be.

Her speaking topics have included: Women Leadership Series, Stress, Resilience and Leadership, Communication as a Leader, Conscious Leadership, Values Leadership, and other customized topics and trainings. She is often in front of audiences with her famous “Overcome Your Saboteur and Unlock Your Potential” presentation.



# LAMBERT

## LEADERSHIP COACHING

Sheila has a monthly Leadership Coffee Talk where over 50 leaders come together each month to learn about a particular leadership topic and gain tools for enhancing leadership presence. Sheila works with leaders individually for coaching over a 4-, 6- or 12-month period of time as she helps them toward ongoing behavior change and leadership building.

She has a MS in Organizational Leadership and an MS in Counseling.

She is a Master's Alcohol and Addiction Counselor, in NH. She is Certified Wellness Professional and is a Stress Master Associate of Dr. James Petersen with Stress Master International, Arizona. She recently completed the COVID-19 Transitional Leader Course which positions her to strategically lead and support their organizations in this COVID-19 Pandemic.

She has worked as an Adjunct Faculty at various NH Higher Education Institutions and continues to consult on a variety of different topics.

She has had many people close to her with cancer and is passionate about helping with research and supporting patients and families during those difficult times. Because of this 5% of proceeds from her leadership packages will go to Dana Farber Cancer Center.