

A portrait of Dr. Maricia Sherman, a woman with short blonde hair, smiling and holding a microphone. She is wearing a dark green blazer with gold buttons and a gold cross necklace. The background is a solid dark green.

DR. MARICIA
SHERMAN

SPEAKER KIT

DR. MARICIA SHERMAN

*International Speaker
Emotional Mastery Expert
Transformational Faith Leader*



MORE THAN A TALK. IT'S AN EXPERIENCE.

"I've spoken to audiences from intimate leadership retreats to packed conference halls. Every talk is built to engage. My mission is more than motivation—I desire to create transformational experiences that blend emotional intelligence, authentic storytelling, and practical strategies women can immediately apply to life and leadership." — Dr. Maricia Sherman



ABOUT DR. MARICIA

Dr. Maricia Sherman is an Emotional Mastery Expert for women, award-winning speaker, registered nurse, strategic wellness advisor, licensed minister, and creator of the **Stay Cute Inside™** framework.

By integrating her clinical expertise as a Registered Nurse and more than 20 years of counseling experience, Dr. Sherman bridges the gap between clinical science and intimate restoration.

Her work helps women transition from survival to legacy—anchored in freedom, clarity, peace, and emotional wellness.

[READ BIO](#)

SIGNATURE SPEAKING TOPICS

Presentations can be delivered in faith-centered or organization-appropriate formats.

STAY CUTE INSIDE™ KEYNOTE

Dr. Sherman's signature keynote empowering women to build resilience, set healthy boundaries, restore confidence, and lead from a place of wellness.

THE WOMAN BEHIND THE PERFORMANCE

A powerful presentation for high-achieving women navigating burnout, overwhelm, and perfectionism while rediscovering identity beyond achievement.

EMOTIONAL MASTERY IN HIGH-PRESSURE ENVIRONMENTS

Equips leaders with practical strategies for emotional regulation, stress management, healthy boundaries, and confident leadership under pressure.

BUILDING A WELL LIFE

An engaging presentation exploring the eight dimensions of wellness and providing tools to create greater balance, purpose, and well-being.

SERVICES & ENGAGEMENTS

- **KEYNOTE SPEAKING**

Transformational presentations rooted in over 20 years of expertise.

- **SIGNATURE WORKSHOPS**

Immersive experiences combining emotional wellness and leadership development.

- **MINISTRY & PREACHING**

Biblical teaching and speaking for churches, conferences, retreats, and leadership events.

- **PRIVATE STRATEGIC WELLNESS**

Designed for high-capacity women seeking emotional clarity, personal alignment, and sustainable well-being while navigating leadership, influence, and life at a high level.



AUDIENCE OUTCOMES

- Recognize emotional triggers
- Establish healthier boundaries without guilt
- Strengthen self-awareness
- Develop practical strategies for protecting their emotional well-being
- Create sustainable wellness practices that support both personal well-being and professional performance
- Protect their inner well-being while navigating pressure, responsibility, relationships, and the demands of leadership.
- Merge Faith & Wellness

SPEAKING FORMATS OFFERED:

- Conferences
- Summits
- Retreats
- Private Experiences
- Virtual Expressions
- Expert Panelist
- Faith & Wellness Speaker
- Corporate/Organizational Wellness
- Podcast Interviews
- Educational + University Forums
- Motivational Sessions

WHAT PEOPLE SAY

“



“Her keynotes and talks are full of integrity and value! If you are looking for a speaker that ignites, I most highly recommend her workshops and programs. Do it today!”

Dr. Rachel H.
Life Empowerment

“



“You never leave her presence feeling the same way about yourself and others! I more than highly recommend Dr. Sherman for your next life-changing experience!”

Jamie R.
Registered Nurse

“



““I am incredibly fortunate to have experienced her exceptional presentations at conferences and workshops. Her innovative thinking has the ability to captivate any audience!”

Fanny M.
Educator/Military Vet

Dr. Sherman believes transformation happens when women feel seen, heard, and equipped. Her presentations combine:

-
- ✓ Emotional intelligence
 - ✓ Authentic storytelling
 - ✓ Clinical insight
 - ✓ Practical strategies
 - ✓ Faith-centered wisdom
 - ✓ Immediate application

Every experience is designed to create lasting change!



SIGNATURE PHILOSOPHY

"I love that women like to look cute, checking every detail of our wardrobes and makeup. However, the most important detail we can adorn ourselves with is making sure we Stay Cute Inside!"

— Dr. Maricia Sherman

AWARD WINNING SPEAKER

TRUSTED VOICE



Keynote Speaker with
Celebrity Actress
Malinda Williams
Arise & Shine Foundation



On Air with Celebrity Life Coach
Lori Lane Dixon
Real Housewives of Dallas



Ministry Moments with
Dr. Cnythia D. James,
Global Impact missions leader

BRING DR. MARICIA SHERMAN TO YOUR NEXT EVENT!

PROFESSIONAL REFERRALS CAN BE PROVIDED UPON REQUESTS

CONTACT INFORMATION

✉ EMAIL: INFO@MARICIASHERMAN.COM

🌐 WEBSITE: MARICIASHERMAN.COM

