

Dr. Maricia Sherman

International Speaker
Emotional Mastery Expert
for Women in Leadership



OFFICIAL BIOGRAPHY

Dr. Maricia Sherman is an international speaker and emotional mastery expert for women in leadership. A registered nurse, licensed minister, and entrepreneur with a doctorate in Christian Counseling, she brings more than 20 years of counseling experience to helping women strengthen their emotional wellness and lead with clarity, confidence, and purpose.

In 2026, Dr. Sherman received the Women in Leadership Award in the Wellness category from WILA in Nashville, Tennessee.

Her work has supported female executives, ministry leaders, public figures, entrepreneurs, and women from diverse backgrounds. Across these experiences, one truth remains: accomplishment does not protect a woman from emotional depletion. Through her signature Stay Cute Inside™ framework, Dr. Sherman equips women to recognize their emotional needs, establish healthy boundaries, and build sustainable wellness practices while navigating responsibility and influence.

She is the founder of HerGroove Wellness, bringing emotional wellness and leadership development into organizational settings, and Daughter Fire, a Christian ministry helping women deepen their relationship with God through discipleship, biblical teaching, prayer, and community.

Her commitment to women extends into local correctional facilities, where she has devoted hundreds of volunteer hours to speaking to and encouraging incarcerated women. Her Daughter Fire discipleship curriculum has also been approved for teaching in local women's jails, extending her ministry's reach through biblical instruction and encouragement.

Through her nonprofit, Intimate Altar Wellness—recognized as Nonprofit of the Year in 2024—she expands access to emotional wellness support for women facing financial barriers. Her vision includes establishing a permanent wellness center where women can receive compassionate care and practical support.

Dr. Sherman speaks nationally and internationally at conferences, leadership events, organizational gatherings, retreats, and women's ministry events. Whether addressing a professional audience or a faith-centered gathering, she combines authentic storytelling, compassionate insight, and practical tools to help women care for themselves as they lead, serve, and build.

Dr. Sherman resides in the Dallas–Fort Worth area and cherishes life with her loving family—her husband of 25 years, their six adult children, and her precious “grandkisses.”

BOOK DR. SHERMAN

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