

DR. MARICIA SHERMAN BIO

Dr. Maricia Sherman is an Emotional Mastery Expert for women in leadership, award-winning speaker, Registered Nurse, wellness advisor, licensed minister, and creator of the Stay Cute Inside™ framework. With more than 20 years of experience in healthcare, counseling, emotional wellness, and personal development, she has dedicated her life to helping women move from survival to legacy.

By uniquely combining her clinical expertise as a Registered Nurse, Dr. Sherman bridges the gap between science, emotional healing, and personal restoration. Her work equips women to navigate stress, burnout, leadership pressures, and life transitions with greater emotional intelligence, resilience, and confidence.

Known for her authentic storytelling, practical strategies, and transformational teaching style, Dr. Sherman has spoken to audiences ranging from intimate leadership retreats to large conferences, universities, churches, healthcare organizations, and professional development events. Her HerGroove Wellness presentations create experiences that inspire lasting change while providing actionable tools that participants can immediately apply to their personal and professional lives.

Dr. Sherman is the creator of the Stay Cute Inside™ framework, a signature emotional wellness experience that helps women identify stress patterns, emotional triggers, and unhealthy coping behaviors while building healthy boundaries and emotional resilience. As founder of Intimate Altar Wellness, a 501c3 nonprofit organization offering the community affordable options for emotional wellness care, Dr. Sherman's small business and entrepreneurial initiatives serves corporate organizations, healthcare teams, ministries, and leadership groups, in both secular and faith-based settings.

In addition to her speaking and teaching, Dr. Sherman serves as a trusted wellness advisor and life coach to top public figures, healthcare first responders, ministry leaders, celebrities, and executive high capacity influential women seeking to lead with clarity, purpose, and peace.

When not speaking from the stage, Dr. Sherman's enjoys her greatest mission of all: loving on her beautiful family.

Her guiding philosophy is simple:

"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