Dr. Audrey Sherman is a licensed psychologist, coach and the author of the book "Dysfunction Interrupted - How to Quickly Overcome Depression, Anxiety and Anger Starting Now."

Her expertise is in identifying, simplifying and transforming dysfunctional behaviors and thought patterns that keep people anxious, depressed, angry, stuck in unhappy and unproductive relationships, jobs and more.

An expert at maximizing happiness and human potential, her programs are based on over 20 years of success helping people develop their strengths and break though disruptive patterns that hinder a rewarding and successful life.

She coaches individuals, conducts live and online workshops and trains others in her programs.
Anxiety, Stress, and Depression Oh My! How to Stay Well During Trying Times - Learn to control these three emotional “fiends” for a life that puts you in control.

The Power of Emotional Success - Beyond IQ and EQ, discover the critical concepts necessary to thrive in this fast paced world.

Dysfunction Interrupted - Don’t Let Your Past Interfere With Success! Learn to breakthrough dysfunctional patterns of thinking, communicating and more that may be holding you back.

New Relationships - Same Old Baggage? This seminar allows you to build the necessary skillset to thrive, lead and succeed.

“Dr. Sherman’s stress management/wellness presentations are succinct, informative, and practical. Her delivery style is engaging, keeping the audience interested and wanting more. Working with Dr. Sherman to facilitate the presentations made my job easier as a busy HR Professional.”

Trudie Gaal, Vice President HR | SCG Fields, LLC

Get Ready to Transform Your Life!

"Dr. Sherman’s seminar on Anxiety, Stress and Depression was powerful! Well executed and engaging, she delivered the message clearly in a way the staff could relate. Very professional! I look forward to working with Audrey in the future.”

Candice Murray, Chief Administration Officer | Melcher & Prescott Insurance