

Sherene
McHENRY



THE People IQ ADVANTAGE™

DR. SHERENE McHENRY, CSP

Talks that embolden leaders, teams, and individuals to create healthy cultures where *people and organizations flourish*.

Dr. Sherene McHenry, known as The People IQ Expert®, is a leadership, burnout, and mental health speaker with a Ph.D. in Counseling and over 18 years of experience as a graduate professor. A Certified Speaking Professional and author of *Navigate: Understanding the Five Types of People*, she believes that while people may be complex, they don't have to be confusing.

Through evidence-based strategies and engaging stories delivered across three continents, Dr. McHenry empowers leaders and teams to transform workplace relationships and strengthen mental health by providing practical tools that audiences can implement immediately.



Give me an hour, and I'll teach your audience skills that will last them a lifetime.

"Sherene rocked it! Her communication was incredible, the information she shared was super useful, and people are still talking about her visit days afterward."

ART MOORE
Bank Operations Manager, VP, NBKC Bank

SPEAKING *Topics*

- 1. Lead Smarter**
Unleash Engagement with the 5 People Types
- 2. Beat Burnout**
Strategies for Sustained Performance—No Matter What
- 3. Solve Problems**
How to Lead Crucial Conversations When Stakes are High and Emotions Run Strong
- 4. Build Safety**
How to Build Psychologically Safe Cultures Where People & Organizations Flourish

"People may be complex, but they don't have to be confusing."