



SHERRA GRASSER

YOUTH EMPOWERMENT COACH

MISSION

Today's youth are bombarded by outside influences- social media, peers, parents, self. My intention is to guide and support our youth in becoming empowered, independent thinkers through the discovery and nurturing of their inherent gifts.

YOUTH ENGAGEMENT REFERENCES

- Martha Lake Elementary, Edmonds School District, Lynnwood, WA
- Mariner High School, Mukilteo School District, Everett, WA
- Silverado Care Community, Bellingham, WA
- Girl Scouts Western Washington

CONTACT DETAILS

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EXPERIENCE

MEPOWERMENT.ORG, FOUNDER & DIRECTOR

2012 - Current

- Summer Day Camp
- One on One Coaching/Mentoring
- MePowerment University- School Program
- Workshops/ Group Coaching/ Peer Group, Coach Led Mastermind

SEATTLE LIFE COACH TRAINING

Enrollment Advisor/ Co-Facilitator 2012 - Current

- Facilitate 4+ hours a month in the 120 hour training
- Support and guide student coaches
- Support potential students in their discernment process
- Enrollments, Tuition Processing

EDUCATION

SOUTHWEST INSTITUTE OF HEALING ARTS

Holistic Nutrition Specialist Certificate 2015-2016

- 200 hours of Academics, Theory and Practice

SEATTLE LIFE COACH TRAINING

Transforamntional Life Coach 2010-2011

- 125 hours of Academics, Theory and Practice

ADDITIONAL TRAININGS

- Behavioral Workshop- CBT Strategies, Autism Spectrum, Challenging Behaviors
- Partners in Youth Empowerment- Creative Facilitation
- Youth Mental Health First Aid USA
- Art with Heart- Creative Expression as an SEL Tool K-12

SKILLS AND INTERESTS

- Curriculum development
- Creating communities
- Organization, Follow thru, consistency
- Motivational Speaking
- Facilitating/Educating/Teaching
- Community Service/Volunteering
- Reading
- Travel
- Spending time with my family (Husband and two adult children- Tyler, 23 years old and Emmy, 20 years old)