

# Sherrie Barch, M.A.

## Media Kit

This comprehensive media kit provides essential resources for journalists, event organizers, and content creators interested in featuring Sherrie Barch. Inside, you'll find her updated biography, high-resolution photos, detailed speaking topics, and information about her upcoming book, *Escaping the Workaround Bucket*. Our aim is to make it easy for you to access all necessary assets to share Sherrie's valuable insights on workplace clarity, career growth, and navigating complex professional challenges with your audience.

### Media Inquiries & Booking

For all media-related questions, interview requests, or speaking opportunities, please reach out directly to our team:

- **Contact:** Sherrie Barch Media Relations
- **Email:** sherrie@abbi.ink

### Download Full Media Kit

Get immediate access to Sherrie's complete media kit assets, which include high-resolution professional images, book covers, and logos. This comprehensive package will support your content creation and event planning needs.

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Sherrie is committed to providing insightful commentary and actionable strategies. We look forward to collaborating with you to amplify her message of empowering individuals and organizations to build healthier, more productive work environments.



# Exploring Sherrie's Signature Topics



Sherrie Barch is a speaker and author who helps organizations and early-career professionals escape the hidden costs of "workaround cultures" — workplaces where broken systems, unclear roles, and patchwork fixes quietly drain performance and morale. At the heart of her work is one mission: replacing silence and avoidance with the kinds of conversations that create trust, alignment, and progress.

With four decades of experience in executive search and leadership development, Sherrie bridges the gap between what today's leaders wish they had known earlier in their careers and what the next generation needs to thrive now. Her talks connect research, lived stories, and practical models that humanize the way we work. Sherrie Barch's comprehensive suite of speaking topics empowers individuals and organizations to foster healthier, more productive, and resilient work environments. Sherrie aims to blend research, personal anecdotes, and actionable strategies to address critical challenges in today's workplace.

1

## Escaping the Workaround Bucket

This foundational topic tackles the insidious cycle of quiet quitting, burnout, and broken systems. Sherrie's 3 Buckets model provides a clear roadmap for organizations to restore focus, enhance performance, and improve retention.

2

## The 3 Buckets That Build—or Break—Your Career

A vital framework designed for early professionals, guiding them to navigate workplace chaos, achieve career goals, and confidently step into meaningful opportunities from day one.

3

## From Derailment to Development

Focused on managers and HR partners, this session teaches how to spot team dysfunction early and effectively utilize the 3 Buckets model to rebuild trust, foster accountability, and regain organizational momentum.

4

## You Are Never Not Communicating

This powerful topic explores how silence, hesitancy, or avoidance can derail careers. Sherrie provides practical strategies to replace these habits with curiosity, openness, and candid conversations, driving growth and understanding.

5

## Burnout-Proofing Your Team

A crucial discussion on building resilience, this topic emphasizes using clear boundaries, role clarity, and understanding capacity as essential tools. It helps teams cultivate energy and prevent burnout across all organizational levels.

Each topic is tailored to the audience, ensuring relevant and impactful takeaways that lead to immediate and lasting change.

# Audience Takeaways

Audiences leave Sherrie's talks with tools and insights to:

- Spot the signs of workaround culture before it undermines performance.
- Turn essential conversations into career momentum and workplace credibility.
- Use the "3 Buckets™" to clarify roles, processes, and team dynamics.
- Help emerging leaders "lead from where they are"—with self-awareness and courageous conversations.

***"Sherrie has a rare ability to make every audience feel truly seen. Her insights stick, her humor lands, and her message lingers long after the event ends." ~Edie Williams, State Farm***

## The Three Buckets Model: A Leadership Approach for Success

### Bucket 1: Roles and Responsibilities

Establishing clear roles, responsibilities, and expectations to prevent confusion and workarounds.



### Bucket 2: Planning

Driving open dialogue and timely feedback loops that build trust, alignment, and progress.

### Bucket 3: Workarounds

Building self-awareness and tools for courageous conversations that remove barriers to organizational and professional success.

***"Sherrie connects with audiences in a way that's both real and practical. Her talks leave you inspired and armed with tools you'll actually use at work the next day."***

***~Fawn Lopez, Publisher Emeritus, Modern Healthcare***

# Core Areas of Expertise

Sherrie Barch's work is built upon a foundation of critical insights addressing the most pressing challenges in today's dynamic professional landscape. Her expertise spans leadership development, organizational efficiency, and fostering resilient workplace cultures. These core areas empower individuals and teams to overcome obstacles, unlock potential, and drive sustainable growth within any professional environment.



## Courageous Conversations Across Generations

Bridging the communication gap between diverse generational perspectives is crucial for a harmonious and productive workplace. Sherrie equips leaders and teams with strategies to initiate empathetic dialogue, understand differing viewpoints, and leverage the strengths of every generation, fostering a culture of mutual respect and innovation.



## The Hidden Costs of Workarounds

Workarounds—those emotional responses to pressure that can create inefficient, underground processes developed to bypass official systems—can silently erode productivity, morale, and accountability. Sherrie helps organizations identify these costly detours, expose their root causes, and implement tools that restore clarity and streamline operations, saving time and resources.



## Next Gen Career Navigation

Empowering early-career professionals to confidently navigate their leadership journey from day one is essential for future organizational success. Sherrie provides practical techniques and frameworks that build self-awareness, communication skills, and strategic thinking, enabling emerging leaders to "lead from where they are" with impact.

Through these specialized areas, Sherrie Barch delivers transformative insights that lead to more effective leadership, more engaged teams, and a more robust organizational culture prepared for tomorrow's challenges.

***"Sherrie's talk changed how my team communicates. Her 'above the line' mindset shows up daily. This is proof of her impact."***

**-Angie Lewis, State Farm**



## Sherrie's Passion & Philosophy

*"I'm passionate about helping people find the courage to have authentic conversations that change careers, cultures, and lives."*

Sherrie's core drive is to motivate individuals to replace avoidance with clarity and genuine connection. She is inspired by moments when people speak their truth, articulate their needs, or demonstrate leadership that uplifts others. Her approach centers on providing practical, story-driven tools that transform leadership from abstract theory into tangible, lived experience, making it accessible and impactful for everyone.

## Ideal Audiences & Clients

Sherrie's expertise resonates with a diverse range of clients and audiences, each looking to foster growth, enhance performance, and build resilient workplace cultures.



### Leadership Retreats & Offsites

Executive teams seeking strategic alignment, enhanced collaboration, and profound culture transformation to drive organizational success.



### Emerging Leaders & Gen Z

Next-generation talent eager to develop essential leadership skills, navigate their careers with confidence, and make an immediate impact.



### HR, OD, and Culture

Organizations committed to building resilient, high-performing, and equitable workplace cultures that champion access and belonging.





# Media & Speaking Engagements

Sherrie Barch is a sought-after voice, regularly featured across diverse platforms to share her expertise on workplace clarity, career growth, and navigating complex professional challenges. Her engagements span popular podcasts, influential industry conferences, and community events, where she connects with audiences through her compelling stories and practical frameworks.

## Podcasts

Sherrie brings her insights to a broad listenership through these engagements:

- The Motherhood Village
- Soraya - Be Convinced! Sharing Stories of Hope
- GEMS with Genesis Amaris Kemp
- Stories That Matter - Ann Writes Inspiration
- Faith and Grief
- One More Thing Before You Go!
- As I Live and Grieve
- The Beautiful Side of Grief
- The Journey with Kevin Polky (2 time guest)
- Give Grief a Chance
- Grief and Happiness
- Tendrils of Grief
- Rick Flynn presents Confessions of a Show Biz Kid
- Reading With Your Kids
- Fridays with Fawn (Publisher)
- Thinking Out Loud Podcast
- Elder Law Hour
- Radiant Mom with Deanne Barrett
- FearLESS Parenting
- Beautiful Tragedy
- The Healing Place

## In-Person Events

Her dynamic presentations engage attendees at various conferences and events, both nationally and internationally:

- IIC Partners Executive Search Worldwide Presenter: Hong Kong, Miami, Panama City
- Modern Healthcare Women Leadership Conferences
- Modern Healthcare Diversity Conferences
- Barnes and Noble
- Carole Emmott Foundation Author Event for *UNSTOPPABLE* book
- Northern Illinois School District Conference Speaker
- Goodwill Industries - IL, Book Signing
- Hospice Alliance Speaker at Kemper Center's Founders Hall
- National Center for Healthcare Leadership - Presenter
- Hospice of Marion County, FL Featured Presenter

# What Audiences Say

## Full Testimonials

### **Edie Williams, State Farm:**

"Sherrie has that rare gift of making every audience feel seen, heard, and energized. She doesn't just speak, she connects. Her authenticity and humor shine whether she's on stage, coaching one-on-one, or on the page in her writing. Her books reflect the same wisdom and heart she brings in person - part inspiration, part practical guide, and always memorable. I'd recommend Sherrie to any organization or event planner looking for a speaker and author who blends insight, wit, and real-life experience. She's the kind of voice people carry with them long after the talk (or the final chapter) ends."

### **Fawn Lopez, Publisher Emeritus, Modern Healthcare:**

"Over the years, I've had the privilege of attending many of Sherrie's talks, including when she was a guest speaker at several of our Modern Healthcare conferences. What makes her presentations so impactful is her ability to connect. She's an effective communicator who brings clarity, empathy, and authenticity to every message. Sherrie addresses timely, relevant topics in a way that feels relatable, like she's walked in our shoes. Her genuine approach resonates deeply, and I always leave both inspired and equipped with practical insights I can put into action right away."

### **Angie Lewis, State Farm:**

"Sherrie spoke to my team about mindset and the power of staying above the line, and her message has truly stuck. I now hear my team catch themselves saying, 'ugh, I went below the line,' and then quickly adjust. This is a direct reflection of Sherrie's impact. She brought the perfect mix of humor, vulnerability, and actionable steps that we could immediately apply in both our work and personal lives. Beyond her practical strategies, she's an incredible storyteller who makes her message memorable and meaningful."



# Contact & Booking

Ready to bring transformative insights and engaging expertise to your organization or event? Sherrie Barch is available for speaking engagements and workshops tailored to your specific needs. She is committed to fostering clear communication and empowering individuals and teams to achieve their full potential.



## Website

Visit [SherrieBarch.com](https://SherrieBarch.com) for a comprehensive overview of Sherrie's services, signature topics, and a wealth of resources designed to inspire clarity and growth in leadership and personal development.



## Email

For direct inquiries, booking requests, or partnership opportunities, please reach out via email at [sherrie@sherriebarch.com](mailto:sherrie@sherriebarch.com) or [sherrie@abbi.lnk](mailto:sherrie@abbi.lnk). Sherrie's team is dedicated to prompt and thorough responses.



## LinkedIn

Connect with Sherrie on LinkedIn at [linkedin.com/in/sherriebarch](https://linkedin.com/in/sherriebarch). Follow her professional journey, insights on workplace dynamics, and updates on upcoming events and publications.