

## Sherry Kittle

Sherry Kittle, a Commitment and Life Coach at HEAL Diabetes Clinics, has been ontologically trained through ICF accredited, Accomplishment Coaching. Sherry is an ardent believer in the inherent greatness and potential within every individual. To that end, Sherry brings her innate grace, authentic warmth, and natural curiosity to all her coaching relationships. She is committed to being that reflective space where others can express themselves authentically and engage in honest conversations that encourage introspection and growth, accompanied with deep compassion for one's self. Sherry stands for infinite possibilities and her client's grandest vision for themselves. Together she and her client partner to produce shifts in awareness that when accompanied by action and supported by structures, create sustained and lasting change. She inspires others to go beyond their former comfort levels and perceived stops thus enabling individuals to create a life full of limitless possibility, love and JOY!



In addition to her coaching, Sherry is an Executive Associate at HEAL where she has worked since the company's inception. She has a BA from San Diego State University and is mother of three grown, successful children. She resides in the sunny wine country of Temecula, CA.