

## Shari Adler



**Video Bio:** <https://balancinglifissues.hiringplatform.com/p/kbEimjcGauws/6360247-shari-adler>

Shari is a Life Coach and received her coaching license from the Institute of Integrative Nutrition in 2008. She primarily focuses on career coaching and health and wellness. She encourages people to tune into the areas they feel stuck and identify what they really want and finding attainable ways to achieve it. She worked at Pfizer for 15 years in Marketing, Human Resources, and Facilities Management. In her last role she managed Pfizer's Marketing Rotational Program which recruits students from top business schools and provides them opportunities to become highly skilled marketers with a breadth of experience. She led on campus and off campus presentations, created mentoring programs, planned events, and worked closely with senior leadership. In 2007 she lived and worked in Tanzania for a non-government organization and set up new hire practices and retention policies for public health workers. She has also set up numerous community service projects, including Supplies to Go, which repurposed new and slightly used office supplies to be donated to public schools around NYC. Her lifelong dream was to travel the world and to learn about different cultures and finally in 2016 she left her comfortable life in NYC to venture to Asia and has mostly been living abroad since. Over these years she immersed herself in various courses, trainings and healing modalities to become a skilled Coach and Healer. She is currently coaching and mentoring individuals and facilitates Authentic Relating classes. She is also trained in Yoga, Reiki, Authentic Relating, Craniosacral Therapy, Tapping, and Abdominal Massage.

Shari received her Bachelor's degree at Rutgers University in History and minored in Environmental Policy. She also studied abroad at Hebrew University in Jerusalem.