

DR. DAWN SHEREE

Award-Winning Keynote Speaker • Global Transformation Strategist • Human Performance & Resilience Expert



SPEAKER OVERVIEW

Dr. Dawn Sheree is a nationally recognized transformational leader, licensed psychotherapist, bestselling author, and award-winning speaker dedicated to helping individuals and organizations navigate pressure with clarity, resilience, and strategic performance. Her work blends deep psychological insight with structured performance strategy to empower leaders, teams, and high-performers to move from breakdown to breakthrough.

SPEAKER EXPERIENCE

Dr. Dawn has captivated audiences on stages ranging from TEDx platforms to national conferences and university commencements. She has also been featured in Speaker's Magazine, Courageous Woman Magazine, and serves as an on-air expert on DETV and Fox45, where she shares insight on mental wellness, leadership resilience, and performance under pressure.

CREDENTIALS & BACKGROUND

- Doctorate in Prevention Science
- Licensed Professional Counselor of Mental Health
- CEO of Tranquil Solutions for a Centered Mind, LLC
- Trauma-Focused Cognitive Behavioral Therapy Specialist
- Bestselling author and anthology contributor

CORE THEMES AND IMPACT AREAS

- ✓ Leadership resilience under pressure
- ✓ Performance systems & strategic intervention
- ✓ Organizational clarity & culture strength
- ✓ Overcoming adversity with purpose
- ✓ Mental health stigma reduction
- ✓ Trauma recovery and empowerment
- ✓ High-performance team strategy

SIGNATURE FRAMEWORKS + TALK TITLES

✓ The R.I.S.E. Framework™

A proven strategic process helping leaders recognize barriers, identify risks, strategize solutions, and elevate performance under pressure.

✓ From Pain to Purpose

A high-impact keynote that invites audiences to shift adversity into strategic momentum and resilience.

✓ The N.O.W. Method

Corporate resilience training designed to stabilize leadership systems and rebuild performance in challenging environments.

WHO AUDIENCES SAY SHE TRANSFORMS

- Corporate executives facing pressure
- High-performance teams needing resilience
- Leadership groups navigating change
- Students and emerging leaders
- Professional and personal development audience
- Conference keynotes, panels, and workshops

★★★★★
"Her workshops have helped our team embrace resilience and purpose, cultivating confidence and clarity in our organization."

— Rachel C.

LEARN MORE ABOUT DR. SHEREE

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🌐 www.drdawnsheree.com

