

**Sharol Tyra, BSN, PCC, MUA**

**Summary of Experience:**

Sharol is a high-energy leader who applies her over 35 years of education and professional experience to coaching and developing leaders from the inside out. Sharol has worked with leaders from several companies including: American Academy of Neurology, Baptist Health System, Minnesota Department of Health, Health Dimensions, Lutheran Brethren Homes, Augsburg College, Hennepin County Government, City of St. Cloud, Mobius Investments, American Financial Marketing, Foley and Mansfield Law, and Vantage Point Partners which gives her the business acumen to coach leaders from varied industries! She is known for her ability to connect with professionals and create environments for rapid learning and sustained change to move forward.

As an Instructor at her alma mater Anoka-Ramsey Community College, Sharol designed and taught Health & Wellness Coaching Skills. As an Assistant Trainer at her alma mater The Coaches Training Institute's (CTI) Leadership Program and Coaching Programs, Sharol role-modeled leadership and coaching with global leaders and coaches, respectively. As a Clinic Nursing Supervisor at a Fairview, Sharol supervised, motivated and trained nurses and support staff, managed daily operations, and collaboratively planned health care delivery. As Principal Administrative Aide for a Hennepin County Commissioner, Sharol provided senior level administrative support services, public relations and strategic planning. As a Charge Nurse and Staff Nurse at Hennepin County Medical Center (HCMC), Sharol provided leadership, education and nursing care. She won the Pierce Trust Fund Award, "Outstanding HCMC Nurse of the Year!"



Sharol is an internationally certified coach, makeup artist, and founder of Life Illumination Coaching & Image. Sharol received significantly increased revenue 5 of the past 7 years. She is consistently above the industry standard! She has hired coaches for herself over the past fifteen years – *Sharol walks her talk!* She has worked with leaders using various assessment and development tools, including DiSC, Insights, Myers-Briggs, and Strengths Finder. Sharol is a highly effective facilitator who has created and presented development curriculums and activities for first time managers to senior level executives. *Happy coaching clients are partnering with Certified Coach Sharol for over 13 years, and a couple business clients returned for their 3<sup>rd</sup> round!*

Sharol is married to wonderful Dan and the mother of one precious son, Blake. She also enjoys playing with their dog, Wellington, cross-training fitness, singing alto in choir, lifelong volunteer, reading, perennial flower gardening, gourmet cooking, coffee with friends, and scenic, iconic vacations Globetrotter.

**Recent coaching engagements:**

- ✦ Physician from abroad to understand and navigate culture in a large medical center
- ✦ Certified Nurse Practitioner to embark on big dreams in every dimension of life, including a doctoral degree and increased net worth
- ✦ CEO of management firm to re-engineer his entrepreneurial Spirit for changing markets and infrastructure and resolve health issues
- ✦ Director in government for new position in a larger municipality and more courage
- ✦ Entrepreneurial small business owner to navigate growing the business and better his serving clients

P.O. Box 3

Hanover, Minnesota 55341 U.S.A.

+1 (763) 477-9186

[Sharol@Lifellumination.com](mailto:Sharol@Lifellumination.com)

[www.SharolTyra.com](http://www.SharolTyra.com)

Skype coachsharol

## **Sharol Tyra, BSN, PCC, MUA**

### **Education and Honors**

- ✦ Certificate, Advanced Communication Skills for Coaches, 15 hrs, Founding member & Author, CoachVille, NJ
- ✦ Certificate, Leading Empowered Organizations (LEO), 18 hrs, Creative Health Care Management, MN
- ✦ Certificate, Health Coach, Chronic Care Professional, 14 hrs, HealthSciences Institute & PartersInImpr, FL
- ✦ Certificate, Residential Coaching Programs; Personal Development & Coaching Series, Lucid Living, CA
- ✦ Certificate, Residential Leadership Program, 6 ACE Cr; Certification, Certified Professional Co-active Coach (CPC); Graduate, Advanced Coach Curriculum, The Coaches Training Institute, CA
- ✦ Certification, Professional Certified Coach (PCC); Continuing Ed Cr., International Coach Federation (ICF)
- ✦ Bachelors of Science, Nursing (Honors Program Graduate, Summa Cum Laude), PHN, Augsburg, MN

*"Sharol is an intuitive and skillful master at identifying the patterns, behaviors and perceptions that people unconsciously let get in their own way of achieving their goals. She is fearless and sensitive at getting to the heart of the matter in a way that feels safe and nonjudgmental. Sharol is a dynamic executive coach with the enthusiasm of a cheerleader, the kindness and intuitiveness of a nurse, and fearless brashness of an athletic coach. Her energy is magnetic and always leaves me wanting more. Sharol's approach to life coaching seamlessly guides clients through self-exploration, discovery, strategy and transformation in a way that feels very naturally customized and not textbook. Every meeting with Sharol is a new deeper discovery of myself and leaves me with a better awareness of the possibilities within myself and a richer relationship with others."*

*Cathy, Director, June 13, 2012*

### **Publications, Awards and Affiliations:**

- ✦ Quoted, [How to Get Unstuck in Your Career](#). Marcia Frellick. Health Callings, 2013.
- ✦ Quoted, [The Job Interview: Top Interviewing Mistakes and How to Avoid Them](#). Tim Streeter. AAN Assets, 2012.
- ✦ Quoted, [So, Tell Me About Yourself: How to Survive and Succeed in the Physician Job Interview](#). by Gina Shaw. *Neurology Today*, 2012.
- ✦ Author, [My "Aha" moment](#). Jeffrey Gitomer's Sales Caffeine, 2011
- ✦ Author, [Coaching Nurses: A Real Example...](#) and [The Value of Co-active...](#) *Creative Nursing Journal*, 2008
- ✦ Author, [How to Improve Your Job Satisfaction...](#) (2 Cr), ND The Prairie Rose, and MN Nursing Accent, 2002
- ✦ Featured, Pathways: [Sharol Tyra helps nurses get "unstuck."](#) *In Care of Nurses StarTribune Newsl*, 2001.
- ✦ Featured, *Television News Story, Coach for Life, KSTP-TV, 2001.*
- ✦ Star Award, 2008, Rep. *MnSCU Nursing Project*; member, Minnesota Organization of Leaders in Nursing
- ✦ Participant, reg. cte; Global Leaders Forums; past cte – programs; ICF Midwest & Global, 2011-2015
- ✦ Past President – past sponsorship director, past cte – membership, & programs, ICF Minnesota, 2000-pres
- ✦ Member, past volunteers, logistics, & professional development co-director; writer; Graduate, Speaker Series; National Speakers Association (NSA) and NSA-MN