



Senior Consultant

Cher Brasok

Calgary, Alberta

Cher is known for her ability to bring ideas and people together. She is passionate about helping people understand the impact they can have in their professional and personal lives. An outstanding consultant and facilitator, she loves partnering with clients to achieve their goals.

Her facilitation style creates psychologically safe environments that support self - reflection, discussion and discovery. Cher excels at engaging highly diverse groups, both in person and virtually, and believes the most impactful workshops happen when participants learn not only from the content, but also from one another. Active participation is encouraged throughout every session.

Cher has worked with individual contributors, emerging leaders, and front-line leaders across a wide range of industries, in both corporate and operational settings.

She believes that while self-reflection and growth isn't always easy, it is always worth it.

Highlights

10+ years of consulting and leadership development experience in Canada.

Founder of a wellness company that focuses on stress management.

Celebrates each birthday by cycling the distance of her new age.

Lives in Calgary with her wonderful husband, 2 amazing daughters and 2 loveable cats.

Education & Certifications

- Bachelor of Administration (Marketing)
- Diploma in Adult Education
- Associated Certified Coach Certification (ACC)
- Canadian Association of Professional Speakers (CAPS), Fast Track Graduate

What learners say about Cher...

Cher is a very effective and engaging facilitator. I feel empowered after this workshop.

Thanks for your great facilitation, Cher and making this a valuable use of my time.

Great job by Cher. Incredible facilitator. Authentic. Knowledgeable.

Cher is down to earth, delightful and real.