

Sherita T. Sparrow

WORLD-CLASS THERAPEUTIC ART PRACTITIONER | SPEAKER | EDUCATOR | AUTHOR | REIKI PRACTITIONER



Sherita T. Sparrow, World-Class Therapeutic Art Practitioner, offers exceptional and creative experiences tailored to any conference. Participants engage with dynamic content that seamlessly aligns with your event's theme. Then Sherita elevates the experience by incorporating art-making, inspiring deeper insight and personal reflection for participants. This unique blend of learning and creativity fosters meaningful connections and personal growth.

Book Sherita for a transformative journey that will leave your attendees inspired, grounded, and ready to embrace their highest potential!



BOOK TODAY

Key Topics & Themes

- **The Art of Nurturing Yourself:** Learn to prioritize self-care guilt-free as a caretaker, while achieving balance in both your personal and professional life.
- **Finding Balance Through Creativity:** Discover innovative strategies for effective time management and reclaiming your time through creative practices.
- **Art and Memory Care Certification:** Introductory training designed to advance your career by teaching strategies to enhance the quality of life for individuals living with dementia.



I know I speak for others when I say it was POWERFUL and just the right energy needed to help w/ re-centering ourselves! Your session today reminded me of the need to carve out time to "do me". Thank you for helping me, and others in attendance, regroup & set clear intentions.

Joana Joasil, LCPC
Maryland Department of Health