



Erika Michelle Cherry, MS, LMHC / [PhotosbyLJK](#)

*Erika M. Cherry*

PSYCHOTHERAPIST, LIFE SUCCESS COACH,  
SPEAKER & PODCAST HOST FOR  
HIGH-PERFORMING WOMEN

# Hi, I'm Erika!



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Erika Michelle Cherry is a psychotherapist, life success coach, speaker, and podcast host working at the intersection of identity, empowerment, and change management. Her mission is to help high-performing women disrupt the internalized societal, and cultural narratives limiting their growth and impact—ultimately freeing themselves to live and lead with intention, confidence, and belief in their ability to change their lives.

As the Founder of Awaken Wellness, PLLC and SheSHEDS™ Life Success Coaching & Consulting, Erika guides clients through transformative journeys that lead to greater self-leadership, and achievement of personal and professional goals. She has also taken messages of intentional self-care, emotional resilience, and value alignment to national and international stages, including collaborations with Mission Africa, National Council of Negro Women, and Seattle GirlTrek.

“I help women shed who they've always been, so they can step into who they are becoming”.

Believing that one person's story can be medicine that ignites healing in someone else's life, Erika uses her podcast—SheSHEDS™ with Erika Michelle Cherry — to have candid conversations about overcoming obstacles, navigating the pivots of life, and what it *really* means to shed old narratives and step into who you're becoming.

At her core, Erika believes wellness means knowing when it's time to retreat and replenish. So when she is not ushering others into personal transformation, she is in her she-shed sipping tea, journaling, or trying to find ways to keep the squirrels from digging in her plants.



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