

Sharon List, ACC

Founder and Executive Coach, All Inclusive You, LLC



I am an ICF certified coach and founder of All Inclusive You, which is dedicated to helping women achieve work/life success on their terms. My 16 years as a corporate CPA in Pharma provided me the experience of leading teams, mentoring colleagues, and intimately understanding the challenges women face. I transformed my passion for helping others and experiences as a high-performing working mom into coaching to help others improve their quality of life and career.

I help women define success, remove obstacles, set healthy boundaries, and reclaim their joy in order to meet their goals. Clients report more focus, fulfillment, and ability to enjoy this life they are working so hard

for! I've served clients at companies such as J&J, BMS, Pfizer, Merck, Daiichi Sankyo, and other organizations of various sizes.

LinkedIn: <https://www.linkedin.com/in/sharon-list/>

Company Website: <https://www.allinclusiveyou.com/>

Coaching Credentials:

ICF certified - Associate Certified Coach (ACC) certified

Certified Coach - Life Coach Institute

6+ years of coaching mid to executive level women, primarily within Pharma

Areas of Expertise:

360 Feedback

Career Exploration

Conflict Management

Defining Success both personally and professionally

Emotional Intelligence

Executive Strategy and Alignment

Impostor Syndrome

Leadership Effectiveness

Navigation of Workplace Relationships

Polarity Mapping (flowing with more ease between unsolvable, seemingly opposing demands)

Self-Confidence for Success

Work/Life Balance