

Coaching Profile | SHERI L. MOONEY, ESQ.



Sheri L. Mooney, Esq.

Executive Coaching

Leadership Development

Organizational Learning

**Executive Team Coaching &
Development**

**Strategic Leadership
Development & Alignment**

**Women's Leadership
Development**

HOGAN Certified

Background

From big banks to leading health care systems, corporate war rooms to courtrooms, Sheri Mooney has seen it all. It is likely that she has been in your seat at one point or another in her diverse and multi-faceted career. A seasoned executive and lawyer with more than 20 years of experience leading teams in the health care, finance, and legal industries, Sheri has worked with individuals up and down the corporate ladder and knows what it takes to identify and solve complex business problems. Through it all, Sheri's confident and insightful nature coupled with her excellent listening skills have uniquely positioned her as a trusted advisor to companies and executives seeking consultation on business opportunities and challenges.

Born out of an innate desire to use her unique career experiences to benefit others, Sheri formed Mind Squad HR, a boutique consulting firm offering forward-thinking solutions for outsourced human resources and executive coaching. If there is one thing Sheri has come to value throughout her career, it is the power of building authentic relationships rooted in trust and collaboration. In addition to this guiding truth, she brings a progressive mindset and knack for confident risk-taking, allowing her to achieve the best outcomes for her clients. Whether advising on significant career transitions or roadblocks in the workplace, Sheri empowers her clients with customized tools for productivity and decision-making. Often, they come to understand that the best answers already lie within.

A lifelong learner and promoter of continuing education, she has been an Adjunct Professor for SUNY Buffalo School of Law, SUNY Buffalo, and Canisius College Graduate School of Education. A native of Canada, Sheri currently resides in Orchard Park, NY with her husband, daughter, and their dog, Finn.

Professional Experience

Chief Administrative Officer, Physician practice (50+ offices)
SVP, Corporate & Governmental Affairs, Top-40 US bank
VP, Business Development, Large New York State health system
Attorney, Partner, NY Top-100 AV-rated law firm

Education

SUNY Buffalo School of Law, Juris Doctor
Western University, Bachelor of Arts in Social Sciences
Brock University, Bachelor of Business Administration

Board Experience

Founding President of the Board of Trustees, Lakeshore Connections
Founding Officer & Director, Buffalo Center for Arts & Technology
President of the Board of Directors, Everywoman Opportunity Center
President of the Board of Directors, WNY Chapter of WBASNY
Board member, Hauptman-Woodward Medical Research Institute
Board member, WNY Workforce Investment Board (Erie County WIB)

Awards

Women's Bar Association - WNY, Hon. M. Dolores Denman Award for Lifetime Achievement
Buffalo Business First, Who's Who in the Law
NYS Women's Bar Association, Marilyn Menge Award of Excellence
Buffalo Business First, Forty Under 40
Rochester Daily Record, Up & Coming Attorney Award