



## Owner's Life's Journey

InnerGrow Integrated Coaching has been in the making for many years. The owner Cheryl Robertson found the passion for mentoring and coaching through her life experiences.

When Cheryl was 17 years old, her mother passed away one month later leaving her to care for her 7 sisters, one brother, and a half brother who lived in California but would visit every summer. At this time, she was a junior in high school. She found herself faced with making adult decisions without guidance. She was responsible for the family finances, health, and education decisions, while at the same time trying to reach her dreams of graduating from high school and attending college. She was responsible for meeting the emotional needs of her siblings as they were all devastated by the loss of their mother. She supported her father who was also dealing with the sudden death of his wife.

Cheryl often wondered how she was able to make important decision without guidance from an adult. She wondered where the wisdom came from and can only contribute it to God and her thirst for knowledge as she loved to read and learn.

Fast forward for the next several years, she found herself being a voice for her family, friends, and strangers. She often engaged in conversations where persons were seeking guidance and advice. This has remained true for her entire life. She served as mentor and coach in her various workplaces, community, and church.

When Cheryl pondered over her life, she saw a common theme—she has been in service of many to support their personal and professional growth and development. Cheryl wished she had received this type of guidance in her young adult life, thus found the passion to become this for others.

As she thought of what she wanted to do in retirement, she decided to pursue a professional coaching credential. In 2015-2016, she attended the Professional Coaching Program through New Ventures West. This program confirmed for her the passion she had to mentor and coach and realized it was her calling in life. In 2019 she received her Professional Coaching Certification from the International Coaching Federation.

InnerGrow Integrated Coaching was birthed in 2019. Cheryl believes that one grows through introspection and gratitude. InnerGrow's mission is "transforming lives through introspection and gratitude".