

Building Bridges

Connecting Past, Present, and
Future Generations

Cheryl Latney Bridges '87 Chaplain



After working 31 years as a highly respected business leader with a successful career history of leading business and personal transformation, Cheryl decided to pursue her passion of helping women realize their full potential and began to exercise her gifts of coaching, mentoring and training by launching Bridges 2 Life, LLC, a faith-based life coaching organization.

As an ICF Credentialed Life Coach and Certified Temperament Counselor, Cheryl offers support through coaching, mentoring and other strategies designed to uncover any unmet needs that often cause stress and conflict in professional and personal relationships. Cheryl leverages the Bridges 2 Life Pillars of Coaching (Be Curious; Be Confident; Be Committed) to challenge women to learn, love and lead while becoming exactly who they want to be. Cheryl is committed to coming alongside women to help them increase their self-esteem, clarify their vision and unlock their potential.

Cheryl is a high-integrity leader, coach and entrepreneur who is able to zero in on women's issues while providing targeted and genuine feedback. She has a proven track record of building relationships of trust and authenticity to promote positive change. Cheryl has mentored numerous women to achieve top performance and promotion to roles of greater scope and responsibility. Cheryl leverages exceptional presentation skills which enables her to influence perspectives and assist women in reaching their goals. Cheryl's successful "I Still Love Me" Women's Conference and the "Self-Esteem Masterclass" are testaments to her commitment to helping women achieve their highest potential both personally and professionally.

Cheryl was recently featured in the VoyageBaltimore Magazine and recognized by the Minority Christian Women's Entrepreneur Network (MCWEN) as Outstanding Member-of-the-Month for the exceptional coaching services she offers. Cheryl is also a self-published author of a #1 New Release in Journal Writing entitled, 12 Ways To Love Yourself Like God Wants You To. Additionally, Cheryl was recently named by the Information Technology Senior Management Forum (ITSMF) as Director of its Emerge Academy – a 10 month leadership development program for mid to senior level black women leaders in IT.

Credentials and Experience

- Bachelor of Science, Business Administration, Delaware State University
- ICF Credentialed Associate Certified Coach, International Coaching Federation
- Director - Emerge Academy, Information Technology Senior Management Forum
- Board Certified Mental Health Coach, Light University
- Board Certified Temperament Counselor
- Prepare|Enrich Certified Facilitator