

DSUAA 2021-2023

Building Bridges

Connecting Past, Present, and
Future Generations



Cheryl Latney Bridges '87 Chaplain

After working 31 years as a business leader with a highly successful career history of leading business and personal transformation, coaching, mentoring and training, Cheryl decided to pursue her passion of helping others with life's struggles and began to exercise her gifts of teaching, encouragement and mercy.

As a Christian Life Coach, Temperament Coach and Board-Certified Mental Health Coach, Cheryl L. Bridges, Founder/CEO of Bridges 2 Life, offers support through temperament coaching and other strategies designed to uncover any unmet needs that often cause stress and conflict in life and relationships. Cheryl will come alongside you to help increase your self-esteem, clarify your vision and direction, unlock your potential and so much more.

Cheryl is a called, caring and compassionate Christian Life Coach and Temperament Coach whose primary goals are to: 1) help you grow in your spiritual walk by embracing self-love and God's love for you, 2) learn exactly who God created you to be and 3) provide you with support and feedback to move through life transitions and challenges.

Cheryl enjoys spending time with cherished friends and beloved family, which includes her two adult sons, Reginald II and Ryan.

Credentials and Experience

- Christian Life Coach
- Certified Temperament Counselor
- Board Certified Mental Health Coach
- Licensed Pastoral Counselor
- Prepare/Enrich Certified Facilitator
- Chaplain - Deaconess Ministry, The People's Community Baptist Church
- Member - Professional Christian Coaching Institute
- Member - American Association of Christian Counselors
- Member - National Christian Counselors Association