



# SHARI LEID

## SAY HELLO:



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**SHARI LEID** is a former litigator-turned-mindset and life coach and the dynamic force behind An Imperfectly Perfect Life, LLC. In her flourishing coaching practice, she specializes in guiding clients who feel trapped in stagnation, empowering them to sculpt the life of their dreams. Renowned as a friendship expert and national speaker, Shari's insights reach far beyond individual coaching sessions. She's been interviewed on major networks including ABC, NBC, CBS, FOX, and CTV, and was profiled on the TODAY show in April 2023. She's written for and shared her expertise with *HuffPost*, *Real Simple*, *PureWow*, *AARP*, *Woman's World*, *Toronto Sun*, and *Shondaland*. She is the author of ***The Friendship Series***, which includes three books: *The 50/50 Friendship Flow* (2020), *Make Your Mess Your Message* (2021), and *Ask Yourself This* (2022). She is currently writing her fourth book (tentative pub. date: February 2025), which chronicles her extraordinary journey across all 50 states in 2023 to break bread with 50 different women.

## FEATURED ON:





## AREAS OF EXPERTISE:

Female Friendships / Marriage and Divorce  
Parenting & Adoption / Career Changes / Self-Discovery  
Navigating Life's Challenges / Health & Wellness (Cancer)

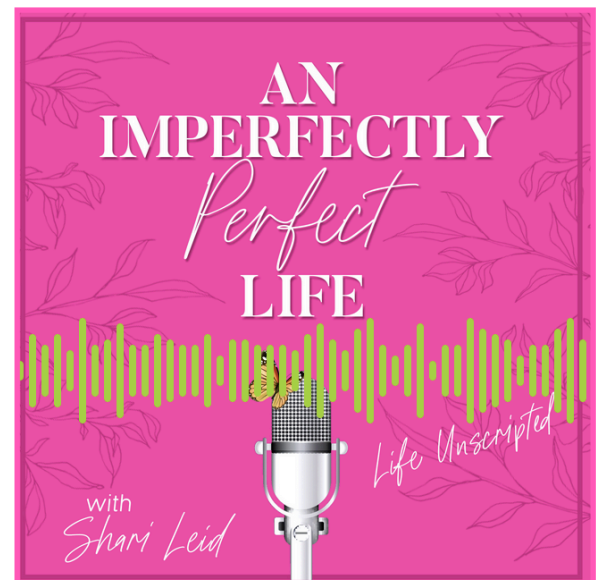
## KEY SERVICES:

Coaching / Consulting / Public Speaking / Interviews

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## PODCAST:

***An Imperfectly Perfect Life: Life Unscripted*** with Shari Leid is one-part life coaching, one-part laughter, and 100 percent transformation. Launched just days before her 54th birthday and while she's in the process of ending a 26-year marriage, Shari is turning the page to a new chapter – the one where she's the author. But this podcast isn't about the end. It's about beginnings, opportunities, and the joy of crafting the next act of our lives with a little more wisdom and a lot of heart. Every episode is a journey into the art of reinvention. Shari will openly discuss the rollercoaster of emotions, sprinkle in some practical life hacks, and share stories that'll make you laugh *and* think. It's like a heart-to-heart with your best friend! ***An Imperfectly Perfect Life: Life Unscripted*** is available on Spotify, Apple Podcasts, iHeart Radio, and wherever you listen to podcasts.



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## PUBLICATIONS:

