



# METTA SOLUTIONS

COACHING & CONSULTING

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*Professional Certified Coach (PCC)*



As the founder of [Metta Solutions](https://www.mettasolutions.com/), Sharon has been a professional executive and leadership coach since 2011. She was the founding director of an executive coaching program for faculty in a large academic medical center. She has been a family physician for over 30 years and is dually board certified in both family medicine and in general preventive medicine and public health. Her clinical and academic medicine career spans roles in solo rural private practice, academic and organizational practice, and administrative leadership as a member of the Dean's staff, an active teaching faculty member, a clinical division chief and a department chair.

Her areas of coaching expertise include physician leadership development, career strategies, communication skills, organizational and institutional awareness and time and energy management. She has a particular passion for working with women leaders in academic medicine. Her primary goal as a coach is to help leaders become the best version of themselves, in service to their own values, and to the benefit of their stakeholders, organizations and the broader community.

- Website: <https://www.mettasolutions.com/>
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