# SHERRILENE CLASSEN

PhD, MPH, OTR/L, FAOTA, FGSA

**PROFESSOR EMERITA | UNIVERSITY OF FLORIDA**

## EXECUTIVE PROFILE

Sherrilene Classen, PhD, MPH, OTR/L, FAOTA, FGSA, is Professor Emerita and immediate past Chair (2016–2025) of the Department of Occupational Therapy at the University of Florida. A distinguished academic leader, scientist, educator, editor, and author, Dr. Classen has demonstrated exceptional leadership in advancing academic excellence, scientific innovation, organizational growth, and professional development. During her tenure, she spearheaded innovative doctoral and clinical programs, more than quadrupled faculty capacity, and elevated her department into a nationally recognized academic and research enterprise. Her scholarly accomplishments include securing over $15 million in competitive research funding, contributing to more than 230 scientific publications, and delivering over 350 conference presentations, and writing two books. Her professional distinctions include Fellowships in the American Occupational Therapy Association and Gerontological Society of America, and induction into the American Occupational Therapy Foundation's Academy of Research. Currently, Dr. Classen consults on major academic and scientific initiatives while expanding her impact as Founder of SacredSummit™, a transformational leadership, coaching, and adventure travel enterprise. Drawing upon decades of leadership experience, scientific inquiry, and personal transformation, she champions the integration of leadership, spirituality, resilience, and purposeful living.

## EDUCATION

**1984** Bachelor Degree in Occupational Therapy: University of the Orange Free State, Bloemfontein, RSA

**2002** Doctor of Philosophy in Occupational Therapy: Occupational Therapy Department, College of Allied Health, Nova Southeastern University, FL.

**2004** Master of Public Health (Concentration in Epidemiology): College of Medicine, University of Florida, Gainesville, FL.

**2004** Post-Doctoral Fellowship National Institute on Disability and Rehabilitation Research (NIDRR), College of Public Health and Health Professions; and Advanced Post-Professional Program in Clinical Investigation (APPCI), College of Medicine, University of Florida, Gainesville, FL

## TRAINING AND CERTIFICATIONS

**1990** Exercise Teachers Diploma: Exercise Teachers Association, Cape Town, RSA

**1992** Diploma in Business Management: Damlin School of Business Management, Cape Town, RSA

**2018** Master Mentor: Clinical and Translational Science Institute Mentoring Academy. University of Florida, Gainesville, FL

**2023** Certified Transformational Coach: Sedona Soul Adventures, Sedona, AZ, USA

**2024** Certified Leadership Coach (2022): Leadership Circle, USA

## ADDITIONAL FITNESS AND PROFESSIONAL CERTIFICATIONS

- Certified Pilates Chair Instructor (2010): Phi Pilates, USA
- Pilates Certified Arcs and Barrels Instructor (2010): Phi Pilates, USA
- Shorinjiru Renshikan Karate-Do (2008): Shodan (First Degree Black belt)
- Certified BodyFlow Instructor (2007): Les Mills, USA.
- Certified Pilates Reformer Instructor (2007): Phi Pilates, USA
- Certified Pilates Mat Instructor (2001): AAAI and ISMA, USA
- Certified Personal Trainer (2000): AAAI and ISMA, USA
- Certified Exercise Teacher (1992): Exercise Teachers Academy (ETA), Cape Town, RSA

## SACREDSUMMIT™ | VISION, MISSION AND VALUES

### Vision SacredSummitTM

We provide opportunities for leaders and professional women to experience and engage towards developing their fullest human potential.

### Mission

Our mission is to inspire leaders and professional women, to transcend conventional definitions of success, cultivate higher levels of consciousness, and lead with authenticity, compassion, and purpose. We achieve this through exciting and diverse opportunities to strengthen mental and emotional resilience, nurture spiritual growth, cultivate high-level physical fitness, and experience the transformational power of adventure and community.

### Values

Expand Your Consciousness

Awaken Your Spirit

Strengthen Your Body

Discover the Summit Within!

## LEADERSHIP PHILOSOPHY

### Beyond Traditional Leadership: Integrating Spirituality, Consciousness, and Transformational Leadership

What if the greatest challenge facing leaders is not a lack of knowledge, strategy, or resources, but a failure to recognize the transformative power of spirituality and higher consciousness in leadership? As leaders and institutions navigate unprecedented complexity, uncertainty, and disruption, traditional leadership models are increasingly insufficient. A new paradigm is emerging—one that recognizes spirituality not as religious practice, but as an essential dimension of human consciousness, grounded in purpose, interconnectedness, compassion, ethical responsibility, and service to the greater good. In our facilitated session, participants will acquire an expanded understanding of leadership as both an external responsibility and an internal journey of consciousness, recognizing that transforming organizations begins with transforming ourselves—and that the highest expression of leadership is service to the greater good.

## TRANSFORMATIONAL COACHING

For professional women who desire more and better (or the best!) out of life, but who do not know how to fully access “it”. The Women Empowerment and Women-In-Power Programs are facilitated to be more than gaining awareness—they are an experience of illumination and transformation. On-line and in-person sessions available.

## ADVENTURE TRAVEL

Through our travel adventures we believe that true transformation begins when we intentionally challenge our limits, embrace new experiences, deepen our connections, and discover the infinite potential within ourselves. We offer an exciting and diverse collection of opportunities to cultivate high-level physical fitness, strengthen mental and emotional resilience, nurture spiritual growth, and experience the transformative power of adventure and community. Explore with us how to: Awaken Your Spirit. Strengthen Your Body. Expand Your Consciousness. Discover the Summit Within!

## CONTACT

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