

Sherry Crystal White, MEd, a licensed special education teacher, is the founder of Champ Restoration®, a Christian life coaching resource with a focus on emotional wholeness, work-life wellness, and stress management. She is also an author, a transformational reset & wellness strategist, and faith-forward coach helping high-capacity women lead from rest, not grind.

With a background in education, literacy intervention, and community leadership, Sherry brings experience building programs from the ground up — empowering students, teams, and entire communities to thrive. She's served for nearly two decades as an educator, college-community coordinator, university advisor, and interventionist, always leading with the belief that true transformation starts with clarity, connection, and care.

Whether launching systems where none existed, guiding professionals back to their God-given pace, or building out faith-led experiences like The Master's Reset and The Well-Rested Leader Roadmap, Sherry's calling is rooted in restoring what hustle culture attempts to steal: peace, poise, purpose, and God-given, sustained power.

Her work now centers on equipping creatives, entrepreneurs, and professionals to protect what matters most — their well-being, calling, and voice — through reset-based courses, coaching, workshops, and conferences. If you're ready to trade burnout for bright clarity, and performance for leaps of faith, Sherry's work will meet you in the gap — and guide you to purposeful and joyful well-rested leadership.