

SHARON N. VIDANO

Transformational Life Coach



- *Inspirational Speaker*
- *Teacher*
- *Coach*
- *Podcast Host*
- *Author*

CONTACTS

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LinkedIn SharonVidano
Podcast: What Lights Up Your Soul? (Apple, Spotify, iHeart)

MEET SHARON VIDANO

Sharon Vidano is a retired Criminal Defense Attorney and Transformational Life Coach. She enjoys serving as an inspirational speaker, passionate educator, as well as coaching her clients who feel stuck between where they exist and where they would love to be.

Sharon helps women who are ready to embrace a new chapter—one filled with love, purpose, and empowerment. Whether you're seeking the love of your life, reigniting the spark in your marriage, deepening your connection with your children, or leveling up in your career, Sharon will lock arms with you and support you to live a life you love.

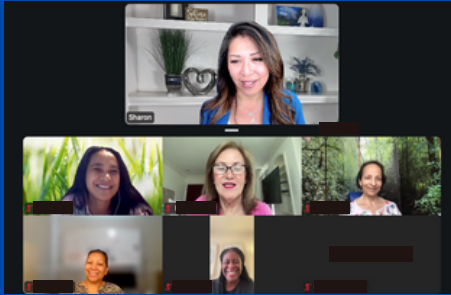
During her 15-year criminal defense attorney career, she represented her clients zealously while using wellness strategies, learning from her continued study of the Laws of the Universe and their connection to Spirit.

As a certified Life Mastery Consultant with the Brave Thinking Institute: The Premiere Training Center for Transformational Coaching, she can help create a life that you love living. Sharon has been studying and implementing transformational success principles for over 20 years. Her workshops and coaching programs help people break through limitations and achieve greater results than they've known before.

INSPIRATIONAL TALKS

SIGNATURE TOPICS

- ✓ Empowerment
- ✓ Wellness and Self-care
- ✓ Managing Anxiety and Stress
- ✓ Being Your Authentic Self
- ✓ Prioritizing Mental Health in the Workplace
- ✓ Love & Relationships



Amazon



Testimonials



Jenny

Highly recommend you all join this workshop. Sharon is such an empowering life coach. I personally have learned so much from her. We sometimes feel stagnant in our careers or life, wondering what our next phase is. Sharon's techniques have definitely pushed me into shifting my perspective in life, creating new goals for myself, and has helped recognize my inner strengths. If you've been looking for a sign or need a push to start working on yourself or any aspect of your life, this is it! 💕💕💕

Working with Sharon Vidano has been life-changing for me. Her empathy and practical guidance has helped me through some of my biggest challenges and gave me the confidence to meet my goal. I highly recommend her to anyone seeking positive transformation in their lives.

~ Alison LMFT



Podacast:
All Major Platforms

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SHARON VIDANO'S STORY

Sharon is a second-generation Korean Filipino only child born from immigrant parents. Although she is grateful for the support she received, she was raised with the very traditional strict rules of academics and social rules. With the constant oversight of her parents, she "heard" from their comments that whatever she did "she was not good enough."

With this belief, Sharon lacked confidence in her teen and young adult years. This lack of confidence spilled over into her social skills as well. She met and fell in love with her college boyfriend who later became her husband.

Although they cared for each other very much, the marriage was not healthy and rocky from the start. With the belief she carried from her parents that "she was not good enough," the rocky marriage lacked stability. Although her husband was a great provider, emotionally he was not present, yet she kept "making it work" because she believed that's what should be done for the sake of the children. Sharon felt alone in the marriage but was in "survival mode" to take care of the kids. In this emotional void, Sharon then started to believe the story that "she was not worthy."

Many years passed, until one day she heard herself convincing herself that it would be ok to be in a marriage that was just of friendship. She stopped and said No! She wanted more. After the divorce, her journey of growth, awareness and self-love began to her beingness of today.