**Phoenix Multi-sport and Wellness Programming**

**Speaker: Jacquelyn Hillios, Director of Research, The Phoenix Multisport**

I’ve been an avid climber and outdoor enthusiast for several years and met Scott Strode while climbing in Boston. When talking with Scott about his idea to create a program like The Phoenix, I was quickly drawn to the concept. It just makes sense. As a clinician who had been working with youth and families struggling with mental illness and substance abuse, I was intimately aware of the destruction that was caused when addiction took over. I was also aware that while we were doing all we could as clinicians to treat people who were suffering, we often fell short. While clinical treatment for many is necessary and critical, it is not the best modality to help people with daily life. Enter The Phoenix, offering real life solutions for the everyday and enabling individuals to re-define themselves in an environment free from the stigma of addiction. The idea was and is Brilliant! The launch of The Phoenix occurred in parallel with my professional shift from clinician to researcher. After working for The Phoenix in Colorado, I moved back to Massachusetts to finish my PhD and subsequently helped found a Phoenix Chapter here on the East Coast. As the director of Evaluation and Research for The Phoenix, I have sought to ensure that all Phoenix does is grounded in scientific theory and that we are collecting data to be able to demonstrate how participation in a sober active community enhances recovery outcomes for those we serve.

**Speaker: Sherri Gerek** - Certified Professional Coach through the Institute for Professional Excellence in Coaching (iPEC), along with an International Coaching Federation, Professional Certified Coach (PCC), and Faculty member, lead trainer, and mentor coach for iPEC.

Much of the work Sherri does coaching clients in the Adult Drug Treatment court involves skill building for Interpersonal Effectiveness and increased Emotional Intelligence to become more successful in their key personal and professional relationships.

Sherri’s flair for leading and developing others to reach their peak potential was fostered during her successful corporate career, nearly 30 years as a leader in the travel and hospitality industry. She understands first-hand the challenges people face when juggling the responsibilities of career, family, and community. Her energetic and inspiring leadership style helps guide clients powerfully through some of life’s trickiest terrain.

Sherri authored the self-development book, *The Hummingbird Way*, using the smallest bird on the planet as a metaphor to share strategies on courage, and positive self-leadership. Sherri also contributed to two books for Publisher Eric Harvey and Walk the Talk, titled: Hey Leader, Wake up and Hear the Feedback, and Working from a Distance, Being your Best When You’re not with the Rest. You can find Sherri’s monthly column, Ask the Coach, in Montana Woman Magazine.