



Sherrian Greenwood

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Sherrian Greenwood is the manager of organizational wellness at Great Lakes Water Authority, with a passion for promoting wellness and human resources excellence. With a background in human resources, benefits, performance planning and development, and well-being in both the public and private sectors, Sherrian has dedicated her 26-year career to connecting individuals and organizations to resources to help them thrive. Making complex concepts accessible and actionable, her goal is to inspire and motivate others to implement positive changes in their personal and professional lives. Sharing valuable insights on topics such as employee well-being, mental health, effective leadership or her personal journey to losing 100 pounds, her compassionate and energetic approach resonates with diverse audiences. Whether addressing a room full of human resources professionals or wellness enthusiasts, Sherrian brings a unique blend of expertise, empathy and enthusiasm to every event. She is committed to fostering a culture of well-being and continuous improvement, empowering people to create healthier, more productive workplaces. Sherrian is a board member of the Detroit chapter of ISCEBS and has served on the Chapter Webcast committee.