

# 42nd Annual InterCourt Conference



Session 3F: Less Burnout and  
Stress = Greater Success!

March 12, 2026  
Hilton Columbus at  
Easton Town Center  
Columbus, OH

## FACULTY BIOGRAPHIES

**SHERENE MCHENRY, PH.D.** transforms organizations through powerful, practical strategies. Known as The People IQ Expert®, she combines humor with evidence-based insights to help teams and leaders thrive in today's challenging business environment.

Born for the stage and armed with a teacher's heart from 18 ½ years as a graduate professor, Dr. McHenry brings her Ph.D. in Counseling and decades of experience to every presentation. She's lived through toxic workplaces and dysfunctional relationships, emerging with hard-won wisdom about what does and doesn't work. Dr. McHenry holds a Bachelor of Business Administration from Wingate University, a Master of Education from The University of South Carolina, and a Ph.D. in Counselor Education from the University of Wyoming.

This combination of academic expertise and real-world experience allows her to address tough topics with both authority and empathy. A Certified Speaking Professional (CSP) and Licensed Professional Counselor (LPC), Dr. McHenry has spoken on three continents.

She's authored several influential books, including *Navigate: Understanding the Five Types of People* and *Pick: Choose to Create A Life You Love*. Her syndicated magazine column on workplace relationships reached professionals worldwide, and she's served as president of the Michigan National Speakers Association.

# **Less Burnout and Stress = Greater Success**

**Sherene McHenry PhD, LPC**  
*Author and Professional Speaker*





*Less* **BURNOUT**  
+  
**STRESS**  
=  
*Greater* **SUCCESS**

*Sherene*  
McHENRY, PhD, CSP



**FOCUS**  
On Things You Can  
*Control*



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# Mitigate

**DRAINERS**   **TAKERS**

**GATORS**   **PLAYERS**



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**E M B R A C E**

# Nature



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# HARNES Humor



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# CHARGE Up!



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