

Sharyl West Loeung



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Sharyl is a dynamic and compassionate speaker, coach, and curator of stories dedicated to helping people discover the interconnectedness of our diverse world.

With a keen understanding of community, she encourages individuals to embrace their unique stories and fosters an inclusive and thoughtful understanding of what it means to belong. She has over 15 years of experience in secondary and higher education, as well as diversity, equity, and inclusion work, giving her a unique perspective on the power of storytelling to catalyze social change. Through her authentic and engaging approach, Sharyl inspires audiences to embrace vulnerability, challenge societal norms, and find strength in their own narratives.

Speaking Topics



Why Embracing Dissonance Leads to Authentic Belonging and Personal Growth

Explore how our resistance to discomfort and desperate desire to fit in hinders our growth. Hear honest insights about learning to discern when to let go of unhealthy or outgrown spaces and embrace the journey toward authentic belonging.

Intergenerational Friendship: Bridging the Generation Gap for Our Shared Future

Our generational placement is the least discussed social identity and among the most divisive. As Generation Z enters the workplace, the disconnect is clear. We can unlearn the division constructed by our generation gaps to co-create our future together: Discover how intergenerational friendship and cooperation ignites innovation and reshapes communities.

Cultivating Generous Communication

In a world marked by polarization and strained relationships, Generous Communication brings hope and healing. Going beyond mere conversation, this talk invites you to embrace communication as communion. Through mindful presence, compassionate responses, and reframing adversarial communication, we can build bridges, foster understanding, and transform dialogue.

The Poison of Perfectionism: How the Allure of False Excellence Leaves Us Stuck

Like a sweet-smelling poison, perfectionism has devastating effects, weakening our sense of interconnectedness and belonging until we no longer trust our teams, processes, or ourselves. Hear personal anecdotes and practical strategies to help you break free from the grip of perfectionism. Prepare to let go of unrealistic expectations, embrace vulnerability, and discover the beauty and growth that come from a life of authentic excellence.

Talks & Videos

TEDx Grand Junction:
[“Why Grandma is Losing Out to Friendsgiving”](#)

Belief & Belonging Festival:
[“The Dissonance in Not Belonging”](#)

[Big Talk Academy Virtual Showcase: “Finding Our Way Home”](#)

[Welcome to My World podcast: “Generous Communication”](#)

Podcast Appearances, [Spotify Playlist](#)

Sharyl is one of the most thoughtful, intentional speakers I have had the pleasure of having on my stage. Her content is inclusive and thought provoking. Her performance is captivating and she understands the art of speaking in order to elevate an audience's collective consciousness. Having Sharyl speak at your event will create a new way of thinking and being in the world, for the better.

Tricia Brouk, International Award Winning Inning Director, Founder of the Big Talk Academy

As Seen In  

