

Sharon Gilley, M.A., L.P.C
Manager, Corporate Wellness Services
BlueCross BlueShield of Tennessee
Chattanooga, Tennessee

With over 20 years experience in developing people, Ms. Gilley has worked in a variety of business settings to enhance human performance, leadership skills and wellness. She began her clinical career in Chicago where she worked for Chicago Partners as a psychotherapist, working with physicians to treating a wide range of physical and mental health issues. During her tenure there, she developed stress management programs for patients using a holistic approach to emotional and physical health. After moving to Chattanooga in 2001, Ms. Gilley joined BlueCross BlueShield of Tennessee where she currently manages Corporate Wellness Services. In her current role, she managed Organizational Development where she ran leadership development programs, enterprise learning and BCBST's Stress Management programs. Her white paper on reducing stress in the workforce ultimately led to BCBST conducting two stress management research studies. Ms. Gilley leads a team of 25 people from across the company who facilitate HeartMath's Transforming Stress program. As a Licensed Professional Coach and Licensed HeartMath provider, Ms. Gilley teaches Emotional Intelligences for Leaders and coaches leaders in strategies for emotionally intelligence and coherent peak performance. She has presented her research at the Work, Health and Stress Conference, the ROI for Wellness conference and the Association for Public Health Conference. Bruce Cryer, CEO of HeartMath, LLC and Ms. Gilley presented their research at BCBST for the Institute for Health and Productivity Conference. Ms. Gilley has been an adjunct professor of psychology at Purdue University and directed a career development center for Lambuth University. She is a frequent speaker on leadership topics and stress management. Ms. Gilley has her Master of Arts in Applied Behavioral Science. She is a Licensed Professional Counselor and a Certified Professional Coach from the College of Executive Coaching. Her professional memberships include the International Coach Federation, the College of Executive Coaching, the American Institute of Stress, the HeartMath Institute, the American Counseling Association, the Society for Human Resource Management, the Women's Leadership Institute, and the American Society of Training and Development.