Rev. Dr. Sheryl D. McCullough, PhD., MSM, M. MSc, LUT

Rev. Dr. Sheryl McCullough served as Chief Operating Officer at Unity of Washington, DC for eleven years until her retirement in 2022. Before joining Unity of Washington, DC, she concluded a distinguished 34-year tenure with the federal government, where she held executive roles in Human Resources. Her expertise covers human resources management, affirmative action/EEO, diversity initiatives, project and program management, career and leadership development, management training, and conference center administration.

Affectionately known as Rev. Sheryl, she remains actively involved with Unity of Washington, DC, serving as operations consultant to the Senior Minister and volunteering across several ministries. These include Lay Leader (co-coordinator), Spiritual Counseling, Meditation Ministry, Worship Leader/Platform Assistant, and the Education for Life Committee.

Her academic credentials encompass an undergraduate degree in Psychology, a Master of Science in Management with a concentration in Human Resource Management, both undergraduate and graduate degrees in Metaphysical Sciences, and a PhD specializing in Bible Interpretation. Additionally, she is a licensed and ordained interfaith minister and holds certification as a Licensed Unity Teacher, authorizing her to support Unity ministries within Unity Worldwide Ministries.

A committed Truth student since 1977, Rev. Sheryl has pursued New Thought teachings throughout her life. She is passionate about travel and is privileged to have visited all seven continents and every U.S. state.

Workshops and Classes

Financial Faithfulness: The Key to Spiritual Discovery and Enlightenment

This class explores how financial stewardship is not just a practical obligation, but a spiritual journey that deepens our relationship with God. By examining biblical principles of giving, generosity, and responsible management of resources, participants will discover how financial faithfulness opens doors to greater spiritual insight and personal growth. Through engaging discussions and reflective activities, we will uncover how aligning our finances with our faith can lead to lasting fulfillment and enlightenment, empowering us to serve our communities and embrace God's purpose in our lives. *(NOTE: A great workshop to offer prior to a Capital Campaign)*

What's In It 'From' Me?

Utilizing Eric Butterworth's book – *The Concentric Perspective*, the class highlights that Truth is within you, not something to search for, but something to awaken to and release. Participants explore practical ways to experience a balanced life and develop an attitude of confidence and courage.

Achieving Wealth

"Giving is Receiving: The 10 Step Guide to Creating Wealth, Happiness, And Love in Your Life" by Tyler Wagner is a practical guide that explores how generosity and the act of giving can transform your life. The book outlines ten actionable steps designed to help readers cultivate abundance in not only their finances, but also their relationships and sense of fulfillment. Wagner emphasizes the principle that by giving—whether time, resources, or love—you open yourself up to receive greater happiness and prosperity. Throughout the guide, readers are encouraged to embrace a mindset of abundance, practice gratitude, and find purpose through serving others. The book provides both motivational insights and practical strategies to help individuals align their actions with values of generosity, ultimately leading to spiritual and personal growth.

New Approaches to Traditional Beliefs

As we mature, so should our ideas about Religion and Spirituality. During this 5-week class, participants will examine the thinking behind traditional Christian beliefs, and consider nontraditional perspectives. Designed as a beginning exploration of our spiritual understanding, this interactive experiential course may strengthen some long-held beliefs about “God”, “Jesus Christ”, “Heaven”, etc., and shed new light on others. Using William L. Fisher’s book “Alternatives” as our guide, participants can choose which ideas are valid for today’s living.

Seeing the Christ in My World

Participants will explore concepts that help to understand and express our Divine potential, which is Christ.

This workshop offers a spiritual journey designed to help participants recognize and embody the presence of Christ within themselves and in the world around them. Through thought-provoking discussions, scriptural study, and reflective exercises, attendees will learn how to identify the qualities of Christ—such as love, compassion, wisdom, and forgiveness—in their daily lives and interactions. The course provides practical tools and spiritual practices to support the awakening and expression of one’s Divine nature, empowering individuals to align their thoughts and actions with higher spiritual principles. By cultivating this deeper awareness, participants will discover how to bring healing, purpose, and greater fulfillment into their relationships, work, and service to others. This experience encourages everyone to see the sacred in everyday situations and to become a positive force for transformation in their communities.

I Quit, But Forgot to Tell You

Based on the book with the same title by Terri Kabachnick; the workshop aims to help managers and executives overcome employee disengagement, boost morale, and create a more motivated, productive workforce. It uses real-world strategies and human behavior insights to transform management approaches and improve team performance.

The Four Functions of Consciousness

Through reflective exercises, guided meditation, and group dialogue, attendees will gain insight into their dominant functions while learning to harmonize the transformative power of Carl Jung's four functions of consciousness—Thinking, Feeling, Sensation, and Intuition—through a lens of New Thought and spiritual principles. Participants will explore how each function offers a unique approach to perceiving and engaging with the world: Thinking cultivates clarity and truth-seeking; Feeling nurtures compassion and alignment with higher values; Sensation grounds awareness in the present moment; and Intuition taps into the realm of infinite possibilities and spiritual guidance. The workshop emphasizes practices such as affirmations, visualization, and mindful presence, empowering participants to access divine wisdom, enhance communication, and consciously co-create their personal and professional lives.

Managing Time

The primary aim of this workshop is to **shift from reactive to proactive time use** by teaching participants to identify time-wasters, set clear priorities, and apply practical tools for scheduling and task management.

Choices, Changes, Challenges – Designing Your Future Path

This interactive and reflective workshop invites participants to pause, take stock, and intentionally shape the direction of their lives. Through guided activities, personal reflection, and group discussion, they'll explore three key pillars:

- **Choices** – Identify the decisions faced on a daily basis and the options available, clarifying what truly matters in one's personal and professional life.
- **Changes** – Recognize the shifts—big or small—that may be needed to align current reality with aspirations.
- **Challenges** – Anticipate potential obstacles and develop strategies to navigate them with resilience and confidence.

The Abundance Book workshop

This six-session journey inspired by The Abundance Book, by John Randolph Priceis an interactive, reflective, and practical workshop series that empowers participants to embrace abundance, reframe their beliefs about money, and take actionable steps toward personal growth. Drawing from the 40-day prosperity plan and the six-step program outlined in the book, each session blends vision-setting with grounded planning—ensuring you leave inspired and equipped for lasting change.

Miscellaneous Information:

• *Developed and facilitated* courses on Networking, Etiquette, and Professional Conduct, enhancing participants' professional skills and workplace effectiveness.

• *As Program Manager for the Women's Program and General Manager of Affirmative Action in the federal secto*r, delivered motivational speeches nationwide, empowering audiences to overcome challenges, embrace change, and achieve personal and professional growth through actionable strategies.

• *One of the founding members of Unity in Silver Spring*, contributing to organizational development and community engagement.

• *Collaborated with spiritual leaders to design and teach* "Through the Bible in a Year" from a Metaphysical Perspective; assisted in delivering the 12-week 4T class during Senior Minister absences; created and organized a six-week Abundance Book course, implemented across 38 Agape groups at Unity of Washington, DC.

• *Re-designed the Capital Campaign Bible Study Series: Financial Faithfulness: The Key to Spiritual Discovery and Enlightenment* from a New Thought perspective, deepening congregational understanding of spiritual and financial principles.