

Cheryl Wilder

AUTHOR | SPEAKER | COACH

About Cheryl

Cheryl Wilder is an author, coach, and motivational speaker. She helps clients connect their personal lives with their skills and knowledge to create a professional presence aligned with their values. A natural mediator and believer in the journey as a destination, Cheryl has an instinct to understand people, anticipate their needs, and listen to unvoiced questions. She's passionate about helping clients see purpose and connections in everyday occurrences.

An advocate for the arts, Cheryl was the Burlington Writers Club president (2022-24) and is a co-chair of their Alamance County, NC Student Writing Contest. She's co-leader of the For Alamance Arts & Culture Team, teaches writing workshops, and serves as member-at-large for the North Carolina Poetry Society. As a poet, Cheryl could talk about line breaks all day. Other topics of proficiency are poetry and architecture, shame and forgiveness, the arts and community, and reinventing the self.

Books

Singing Riptide, Press 53, 2025

Anything That Happens, Press 53, 2021

What Binds Us, Finishing Line Press, 2017

Appearances

Carolina Mountains Literary Festival, 2022

Woman's Literary Union of Auburn, ME, 2019

Poetry and Song Panelist, Triangle Book and Writer Conference, 2019

Pittsboro/Chatham Internet Marketing Meetup, 2018

Community Church of Chapel Hill Unitarian Universalist, 2018

North Carolina Graduate Liberal Studies Conference, 2010

Affiliations

Co-lead, For Alamance Arts & Culture Team

NC Poetry Society


NC Writers Network

Burlington Writers Club



Media Contact

For all media and event related queries, please contact Hannah Larrew at Spellbound PR.

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Signature Topics

- Forgiving yourself for your role in a traumatic event
- The relationship between shame and forgiveness
- It's not the event, it's the aftermath that makes a life
- Self as Home
- Why community eclipses isolation
- Holding two opposing feelings and beliefs
- Intentional decision making
- Finding our purpose
- Healing from trauma through words; finding inner peace
- The only constant in life is change
- Accepting yourself and where you are
- Facing the fear of success (and failure)
- Consequences of drinking and driving