

Bio One-Line

Sylvia High, founder of Aiming High Inc., is an award-winning author, master coach, and training strategist with nearly 30 years of experience empowering individuals and organizations to achieve extraordinary results.

Bio Short (less than 150 words)

Sylvia is a two-time author, best known for "The Little Book of Big Questions," which uses pointed questions to guide readers toward self-introspection, self-discovery, and outstanding achievement across all areas of life, including business and education. She was featured on Oprah's Live Your Best Life Tour and in several prominent publications, including *ESSENCE Magazine*, *HuffPost*, and *Black Enterprise*. Sylvia, who holds degrees in communication, was recently awarded the Presidential Lifetime Achievement Award for Humanitarian Service. She resides in the San Francisco Bay Area, where the City of Brentwood proclaimed September 17 in her honor.

Bio Long-Form (243 words)

Sylvia High, Founder and CEO of Aiming High Inc., is an accomplished author, master coach, impactful speaker, and training and development strategist with nearly 30 years of experience empowering businesses and individuals to thrive, gain a competitive edge, and achieve extraordinary results.

Specializing in working with executive leaders and high achievers, Sylvia has coached thousands of individuals and hundreds of organizations to achieve unprecedented success. Her clients have gone on to become best-selling authors, CEOs of major corporations, entrepreneurs of multimillion-dollar businesses, and Emmy Award-winning producers, marketers, and filmmakers. Sylvia has partnered¹ with prominent corporations such as Uber, Squarespace, Delta Air Lines, Brown-Forman, BET Networks, *Essence Magazine*, and LinkedIn. Her expertise has been featured in *Essence*, *HuffPost*, *Sheen Magazine*, Fox News, and *Black Enterprise*.

Sylvia's exceptional ability to illuminate the nuances that hinder personal and professional success has placed her on prominent platforms such as Bishop T.D. Jakes' MegaFest, Oprah's Life You Want Tour, BET's Leading Women Defined, MogulCon, The Dream Project Symposium, the POWER of NOW Conference, Cisco's Women of Impact, and Comcast Coaches Camp.

A two-time author, Sylvia penned "The Little Book of Big Questions: A Journey in Self-Discovery" and "I Am Woman Devotional for Elevated Living." She has earned an outstanding reputation for inspiring and coaching audiences to develop the mindset necessary to achieve their desired outcomes in their careers, finances, and relationships.

Sylvia is also the architect and curator of the annual I AM WOMAN Conference. Her expertise lies in empowering people to think differently, see beyond the obvious, and move boldly and confidently toward their intended results, regardless of obstacles.

Sylvia has been recognized for her significant contributions to her community and beyond. She was recently honored with the Presidential Lifetime Achievement Award for Humanitarian Service. Furthermore, the City of Brentwood, California, proclaimed September 17th in her honor.

A big-hearted, big-minded, and big-spirited inspirational leader, Sylvia resides in the San Francisco Bay Area.