

Sheryl Lyons, MBA, CMC

Founder & President, Culture Spark, LLC.

Sheryl Lyons is a business leader, consultant, and certified master coach with a passion for building vibrant workplace cultures that positively impact company performance.



Lyons launched Culture Spark after three years as CEO for a human resources outsourcing firm servicing entrepreneurial businesses in Houston, Texas. Lyons joined at the firm's inception as an HR Generalist, and worked her way to CEO over ten years. After working with leaders and executives for years to address their problem employee issues from the bottom up, Lyons was driven to find a methodology that would improve work environments from the top down, in such a way that increases employee satisfaction and reduces employee relations issues and turnover.

"For years I have advised leaders through countless employee issues, and wanted to turn my talents and attention toward reducing, even preventing employee dissatisfaction, by addressing the root causes of the most critical cultural issues of the organizations I serve. I love helping leaders inspire their people, and helping employees find both purpose and belonging in their work."

With a distinguished career in Human Resources, spanning Compensation, Benefits, Organizational & Leadership Development, Recruiting and Employment Law, Lyons applies her 20+ years of HR and leadership expertise to her approach on deliberately constructing and managing unique and vibrant workplace cultures.

Lyons holds a Master's in Business Administration from the University of Texas McCombs School of Business and a Bachelor's in Liberal Arts from Texas A&M University. She is an accomplished speaker and trainer on the topics of Workplace Culture, Employment Law, Effective Management and Leadership. She is a member of the International Coach Federation, Forbes Coaches Council, Growth Advocates, and a founding member of the Industry Master's Forum.

Lyons lives in Houston with her husband of 20 years, their two daughters (all native Houstonians) and three exotic pet tortoises. In her spare time, Lyons enjoys vocal music, gardening, gourmet cooking, camping, hiking, yoga, water sports and international travel.