



Sharon Unis

**Founder and CEO
Waterbear Planet
New York, New York**

Sharon Unis is an experienced designer, facilitator and curator of deeply nourishing spaces. With over 20 years of experience in well-being, she offers expertise in how physical and psychological environments can influence our behaviors and how we feel—while highlighting what is possible when we transform those spaces (and ourselves). Sharon has partnered extensively with individuals and organizations, encouraging people of all ages to take a step back from their daily lives and experience themselves anew. In 2014, Sharon founded Waterbear Planet to guide people through a self-directed process of reducing stress, recovering from burnout and charting new pathways for everyday thriving. She’s developed cutting-edge services for her clients, including Waterbear Planet’s oasis online program. To assist both individual and organizational clients in resolving complex challenges across the work-life spectrum, including burnout mitigation, she’s built a high-quality network of workplace and well-being experts to form catalytic dream teams. Sharon earned her B.A. degree from Barnard College at Columbia University and is an avid student in many, many forms.