



Meet Tricia Sitemere

CAREER CONSULTANT, FULFILLMENT COACH, SPEAKER AND AUTHOR

✓ Helping you realize your purpose and accomplish your goals

Tricia Sitemere helps individuals find fulfillment – in career and LIFE. Through her published book: “I’m Sick of This Shit”, group workshops, international personal development retreats or powerful 1 on 1 sessions, Tricia advocates for people to pursue clarity and arm themselves with a plan of action to move the needle toward self-actualization.

As the CEO & Founder of CTRL Alt Delete (Take CTRL of your future, Alter your mindset, and Delete all doubt!), a personal develop firm, Tricia is on a mission to help people align themselves with what they are passionate about TODAY. Armed with a sunny disposition, she has a knack for

clearing away internal conflict to create clear and actionable steps for achieving personal goals. Having spent nearly a decade working in Human Resources and Talent Acquisition at various Fortune 500 companies, she has coached thousands of individuals toward personal success. Clients tout her ability to help them make the connection from what they desire to making it a reality – guiding them from initial thoughts through goal setting and accountability to results!

Her personal mantra is, "Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible." - Francis of Assisi

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