

## Embracing Change with Cheryl Brown

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By Linda S. Ostovitz and Cheryl Brown

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In this episode of *Real Talk, Real Growth*, host Linda Ostovitz welcomes Cheryl Brown, General Counsel & VP of Human Resources at Southeastern Container in Asheville, North Carolina. Cheryl discusses her bold career transition from attorney at a labor and employment law firm in Maryland to an in-house role with Southeastern Container. Cheryl shares her journey, including her extensive community involvement in Howard County and her decision to move closer to family. She emphasizes the importance of taking risks for professional growth, the need for patience and opportunity, and the challenges and excitement of adapting to a new industry. Cheryl also discusses the responsibilities of managing HR and legal functions within a manufacturing facility and her plans to continue community engagement in her new locale.

Connect with Cheryl Brown on LinkedIn: <https://www.linkedin.com/in/cherylubrown/>