

Release limiting beliefs. Emerge into what you imagined. Soar to new heights.



Cheri NEAL

SPEAKER.
COACH.
TRAINER.

Passion. Purpose. Transformation. Growth.

These are the keys at the heart of what Cheri Neal brings to audiences and coaching clients alike.

Ask yourself: Is it time to walk away from drama and throw open the door to dynamic, empowered living? Are you ready to put yourself on the to-do list and lead a more balanced, purpose-filled life? Are you ready to lead in your business and align yourself with your true callings? Are you raising your hand yes? Then two words: Contact Cheri. With humor, honesty, candidness and real solutions, Cheri can take you and your team to the next level with more success, less stress and the ability to handle whatever this 24/7 world throws your way.

“Cheri brought a “common sense” approach to the presentation, along with an “up Beat” positive, solution to many of our day to day conflicts. Cheri is the right choice to present this seminar, because she also uses it day to day with her Optimistic personality. I am very happy I was able to attend her presentation.”

~ LAKESHORE CHAMBER OF COMMERCE

CONNECT WITH CHERI TODAY

to LEARN WHAT SHE CAN DO FOR YOUR TEAM!

847-246-4177 | www.CheriNeal.com

WHAT WILL YOUR AUDIENCE WALK AWAY WITH AFTER *Cheri's* KEYNOTES AND WORKSHOPS?

- *Solid strategies for creating a cohesive, creative team*
- *Easy-to-implement, enlightened solutions to move people forward*
- *A respect and understanding for how our responses create outcomes*
- *Renewed energy and motivation which propels success and creates uplifting momentum*

WHAT MAKES HER UNIQUE?

Cheri has served in full-time elected office since 2001. She's served on boards. Commissions. Is an award-winning champion for community engagement and collaboration. And smart. She holds a double Bachelor of Science in Psychology and Human Behavior in Society and a Master's Degree in Management with a Certificate in Leadership. She's a certified and accredited Life Coach and a TED* practitioner.

She's passionate about life. People. Family. Monarchs. Zinnias. Golfing. Half Marathons. Pit crewing for hot air balloons. And mostly? **Helping others live their BEST life!**

Cheri's MOST REQUESTED TOPICS:

Escape the Drama *and* CREATE EXTRAORDINARY OUTCOMES

Our world. Businesses. Media. Schools. Lives. All fueled, unfortunately all too often in today's chaotic times by drama. And that? Leads to toxicity in our lives that sends us careening down a negative path instead of elevating ourselves to grow, transform, and align us with the people, passion, and practices that will catapult us towards our goals and dreams. The tough part? Is naming it. Recognizing it. It's called (the Dreaded Drama Triangle (DDT) – and it's like quicksand. Once you step into it? You can lose your footing and get sucked under. It is a human response to the flight, fright, freeze or appease mode. And the cost? Precious time, money, energy – even relationships. In this eye-opening presentation, Cheri will share with you debilitating dynamics that keep you trapped in drama and then teach you the impactful strategies, allowing you to transform the way you interact with others. Then? Lead with confidence and compassion, achieving your goals and leading an extra-ordinary life.

How to Shift *from* CRAZY TO CRAZY GOOD

You're talented and driven – right? Your smart-phone is in your hand 24/7. You're always "on call" to serve. EVERYONE depends on you – for EVERYTHING. You're the one who works longer, manages the details, maintains order, and gets the job done. You take care of everything and everyone. Except? Yourself. Yeah, that whole "can't pour from an empty cup thing"? is REAL. And trying to? Is keeping you rooted where you are instead of where you want to be. It's time to put you on the to-do list. Invite Cheri in to share this powerfully important message for today's audience members and they'll return home and back to work feeling validated. They'll learn that self-care benefits EVERYONE, and enriches their lives, their careers, and their bottom lines. Cheri leaves nothing to chance as she shares the very real strategies and tools for doing just that.

The 5 Leadership Lessons *of the* MONARCH BUTTERFLY

Mother Nature is a pretty smart cookie when we pay attention. When we listen. When we're watching. The Monarch butterfly offers unique lessons that will transform the way you lead your life and the lives of those around you. Participants will acquire a new appreciation for the Monarch as a symbol reminding them of the opportunities available to support them in making changes that will significantly enhance their lives. They will leave with specific strategies in addressing drama in a healthy way, identifying what holds them back, a new confidence for taking the oh-so-necessary steps to transform their lives, and a rock-solid plan for doing so.

Developing Future COMMUNITY LEADERS

Potential community leaders are all around us, hidden in plain view. Many are even hidden from themselves! If we don't find them, inspire them, and provide training opportunities, their talents and potential go to waste. Especially in a culture and in communities where being an elected official is not a top 10 ideal career choice. Especially in a time when, more than ever, leaders who are without motive or agenda are in critical need. Cheri Neal can help. In this community-changing session, based on the proven principles from the Zion-Benton Leadership Academy in Zion, IL, she teaches how to get residents involved and creates a better pool for future leadership.

All topics and sessions are customized to your specific needs and goals.

Contact Cheri today to learn how she can create the ideal session for your next audience.

Her audiences include the International Institute for Municipal Clerks Conference, The Alliance for Human Services in Lake County, Lake County Municipal League, Townships of Illinois Conference, Lake County's Lakeshore Chamber of Commerce, University of Wisconsin-Parkside and others.

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