



Chere Bork

SAVOR your LIFE today!, Inc

- Speaker, Life Coach
- Licensed Nutritionist
- Certified Lifestyle Counselor

Discover the Power of Priorities: Energy, Focus, Passion, and Integrity.

If there is one complaint that is on everyone's lips, it is that they are "too busy!" Stress is at an all-time high, and every company faces the dual challenge of supporting the needs and wellness of employees while protecting productivity and the bottom line. When companies are ready to find the winning combination and bring out the best in their employees and their companies, they call Chere Bork.

Known for her infectious enthusiasm and off-the-charts energy, Chere delivers the triple "Chere-bomb" of passion, knowledge and empowerment to any group. With more than thirty years of experience in wellness and life balance, and thirty years as a Registered Dietitian, Chere has been charging up audiences across the country for the past twenty years, while also appearing as a media spokesperson on WCCO, Kare 11, Fox 9 News and in print and radio media throughout the United States, including *American Health*, *Working Women*, *Mademosille Magazine*, *St. Paul Pioneer Press*, and *Minneapolis Star Tribune*, among others.

Chere inspires and creates **energy** in people to find their **focus**, define their **passion** and live a life of **integrity** that they can love – a life that works. Her popular seminars are tailored for audiences including:

- Employee groups needing morale, motivation and focus
- Leadership teams that want to know how to inspire and bring out the best in their people
- Individuals interested in weight loss and nutrition plans that *really work*, with lasting results



Partial Client List

3M
Campells, Inc
International Association of
Administrative Professionals
Medtronic
SuperValu Corporation

Ameripride Services
CIGNA Behavioral Health
Kraft Foods
Medica, Inc.
Pfizer
National WIC Association

Chere, at a glance

- More than thirty years of wellness and life balance experience
- Extensive speaking and keynote experience at seminars, workshops and special events for companies across the country
- Dynamic, inspiring, energizing seminars on achieving life balance, wellness, life purpose, and weight loss (see back for seminars)
- Master's Degree in Adult Education, with an emphasis on nutrition
- Certified Executive Wellness Coach with Wellcoaches
- Licensed Nutritionist and Registered Dietitian with more than thirty years of experience. Member American Dietetic Association.
- Member National Speakers Association
- Certified Teleclass Leader with Teleclass International
- Experienced Media Spokesperson. Partial client list includes: Kraft Foods, Pfizer, Campbells Inc., Nabisco, the National Pork Board, and Medtronic

Email: chere@cherebork.com

For more information, visit
www.cherebork.com

Contact Chere Today!
(952) 937-5697



Chere Bork
www.CHEREBORK.com

SAVOR your LIFE today, INC.

Phone: 952-937-5697

Email: chere@cherebork.com

Health and Life Balance Enthusiast

Chere's most requested seminars

Overcoming Overwhelm

In this seminar participants identify stressors, learn a powerful ABC formula for overcoming tension, and go through exercises that help focus energy and eliminate excessive stress. For anyone who feels that life is "too much," this seminar delivers a concrete action plan, and a sense of empowerment and joyful anticipation for the energized life heading your way!

kNOw Your Way to Balance

The most essential word in the English language (next to "yes") is the word "no." Surprisingly, many people still struggle with this word, and their life shows the result: overwhelming obligations, stress, and a tell-tale lack of joy. This popular program takes participants through exercises to "dump" their energy drains, create lasting life balance, and finally, get wildly comfortable with the two-letter word that can change their life.

Healthy Self: Your Lifestyle Approach to Your Well-Being

Health is more than a matter of counting calories; more often than not it is a matter of lifestyle, impacted by everything from emotional eating to portion distortion, even relationship issues. We'll take a wide look at participants' personal Life Vision, raising awareness of health and happiness, and creating a three-month plan with strategies and support for real change.

Top Three Secrets To Losing Weight

If weight-loss is crucial to your health, Chere offers more than another roller-coaster ride: Her years of experience as a Registered Dietitian helped her develop a scientifically-based plan *that works*. Her clients have proven it again and again! In this seminar, participants will learn the most powerful motivator for real, lasting weight loss, take the "weight loss readiness questionnaire," and discover their personal "eating triggers" and high-risk situations.

Take Back Your Life

We only have one chance to truly love the life we live, yet so many people go through life not knowing their true strengths, their passions, and how to prioritize and energize their days. They think that a life of passion and purpose is for the lucky few, rather than embracing joy as a possibility and even a responsibility! This seminar will take people through a series of radicalizing, inspiring exercises, designed to unearth talents and treasures, and dive into participants' true priorities – on a daily, weekly and life-long basis.

Additional Programs

Overcome Overwhelm Follow up Teleclasses. A follow-up to the Overcoming Overwhelm seminar. A self-care, time management, happiness and resiliency teleclass.

Change Your Weighs. Monday morning pep rally teleclass and weight-loss support.

Marvelous Monday Morning Club. Start your week off right with this motivational group!

Fall in Love With Your Life. A group coaching class for energy, support, and the motivation you need to be your best you.

LEARN™ Lifestyle Exercise Attitude Relationships and Nutrition.

A twelve-week weight loss support teleclass.

LEARN™ is a registered trademark of American Health Publishing, Dallas, TX



Let's talk about Chere

Chere's presentations are not to be missed! After one of her energetic and passionate talks, it is impossible to leave without a positive outlook on life.

– Michael R. Howe, Vice President
Robert W. Baird & Co. Inc.

We pack the house every time Chere presents – the room is too small. Our employees love coming to her talks because they leave motivated with a plan of action. Her energy spills over to her participants.

– Gen Barron, Manager, Health and Wellness and Work Life, Medtronic

Chere Bork is genuine. She is **enthusing**. She lives what she believes.

– Marvis Jenkins, 3M TV

Chere's presence is **uplifting** and **inspirational**. She connects with people and amazing results occur!

– Michele Auge, GrowthWorks Consulting, Inc.

Chere Bork, hailing from Minnesota was a high-level, energetic speaker that brought life to the room and inspired attendees...if you are looking for a speaker that the audience will ask for again you will want to contact Chere.

– Lynn M. Edwards, RD, CD,
Wisconsin Dietetic Association
Executive Coordinator

Contact Chere Today! Call (952)937-5697 or visit www.cherebork.com