

# Cher Knebel

## Communications & Connection Expert

**Social connection isn't a "nice to have" for older adults – it's essential to health, emotional well-being, and quality of life.** Yet many senior centers and communities are seeing rising loneliness as health issues, life transitions, and a tech-focused world make staying connected more challenging.

Speaker **Cher Knebel** helps older adults rediscover the power of connection in ways that feel realistic, affirming, and achievable. Through relatable personal stories, current research, and practical tools, Cher shows attendees how small, intentional actions can strengthen relationships, support emotional health, and foster a deeper sense of belonging.

Her engaging talks leaves audiences feeling seen, encouraged, and motivated to engage more fully, making it an impactful and well-received program for senior centers, community departments, and senior living communities alike.



Cher is on a mission to help seniors communicate better and connect more so they can live happily connected lives.

### AFTER CHER'S TALK, ATTENDEES WILL-

- ✓ **Feel less alone and more connected**
- ✓ **Understand how staying social supports health, energy and mood**
- ✓ **Learn simple ways to stay engaged with adult kids, grandkids and others**
- ✓ **Feel more confident about their communication skills for better relationships and new friendships**

### TESTIMONIAL

*"Thank you again for your presentation yesterday. I received many texts of appreciation and they are looking forward to seeing you again!"*

Recent client feedback after first senior talk in a series on **CONNECT** framework at a local community center

**Professional  
communicator  
since 1988**

**Social connection  
researcher,  
speaker since  
2010**

**Two-time author  
on resilience and  
social connection**

**Healthcare writer  
and wellness  
event planner  
since 1988**



## SPEAKING TOPICS

### USING THE CONNECT FRAMEWORK FOR STRONGER SOCIAL SKILLS AND BETTER RELATIONSHIPS

- Signature talk (45-60 minutes)
- Engagement exercises
- Customized handout - PDF only

### ADDITIONAL TOPICS:

- How to use **technology** as a tool for connection
- **Global inspiration** - what we can learn about connection from other cultures
- **Removing barriers** to connection
- **Why social connection is the missing pillar** to better health, resilience and longevity

## TESTIMONIAL

*"Cher's compelling personal story, combined with her deep understanding of social connection, leaves audiences both impressed and inspired."*


**Dr. Angela Williamson, Host of PBS show, Everybody. (Guest on her show May 2025).**

## CONTACT DETAILS

If you have any questions or are ready to book me as a speaker - let's connect!

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