Cher Knebel

Speaker I Author I Communications and Connection Expert

Helping older adults stay connected and engaged

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. Cher Knebel helps older adults rediscover the power of connection through relatable stories, current research, and practical tools that feel realistic, affirming, and achievable.



Topics for seniors

- Applying the CONNECT framework for stronger social skills and better relationships
- How to use technology as a tool for connection
- Why social connection is the missing pillar to better health, resilence and longevity
- Global inspiration - what we can learn about connection from other cultures

TESTIMONIAL

"Thank you again for your presentation yesterday. I received many texts of appreciation, and they are looking forward to hearing you speak again."

Heather Lane, program coordinator at San Juan Capistrano Community Center

Survey comments after San Juan Capistrano senior session

- *Everything was well explained. I really liked Cher's knowledge, warmth and clarity.*
- *I learned to stop and think before speaking.*
- *I realized I need to start paying more attention and not be distracted.*



CONTACT DETAILS

Questions or ready to book me as a speaker? Let's connect!

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Expertise as a facilitator, professional communicator, speaker

Trusted by organizations to bring empathy, clarity and energy to their teams

Two-time author including social connection guide available as a study guide

Combines storytelling with science to create lasting and engaging mind shifts