

# Cher Knebel

**Speaker | Author | Communications Consultant**

## **BRING HUMAN CONNECTION BACK TO WORK**

In today's hybrid and fast-paced work environments, loneliness, burnout, and disengagement are quietly taking a toll on your people — and your bottom line. Cher Knebel delivers engaging, research-backed keynotes and workshops that help employees reconnect with purpose, each other, and themselves — leading to stronger teams, better communication, and higher retention.

These sessions are perfect for: HR conferences, team retreats, wellness weeks, team building sessions, keynotes. Available for virtual or in-person, workshops, lunch-and-learns.



### **TESTIMONIAL**

*"Highly engaging delivery! Cher was energetic, warm and able to make the session feel connecting as well as informative. The content was immediately useful, with practical takeaways for becoming better communicators and collaborators!"*

Participant feedback, recent corporate team-building session

### **Topics for corporate events**

- Applying the CONNECT framework for better communication and collaboration
- From burnout to belonging: the ROI of more social connection at home and work
- Reconnecting in the age of disconnection, remote meetings and constant change



### **CONTACT DETAILS**

If you have any questions or are 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**