

Cher Knebel

Speaker | Author | Social Connection Educator

REAL CONNECTIONS. REAL TRANSFORMATION.

In a world that pulls us in a thousand directions, many women silently struggle with loneliness, weak social skills, and disconnection — from new friends, from romantic partners, from colleagues, even from themselves. Cher Knebel offers two complementary paths to help women build the connection skills and inner confidence to flourish in every area of life.

These sessions are ideal for: women's summits, empowerment events, faith-based retreats, virtual panels, podcasts, keynotes, interactive workshops, book club discussions.



TESTIMONIAL

"Cher connects well with the audience and presents her topic in a warm, approachable way. Her message is meaningful and relevant, especially for audiences interested in wellness, relationships and better communication"

Gwen, founder and event coordinator of LuxaDaisy women's events

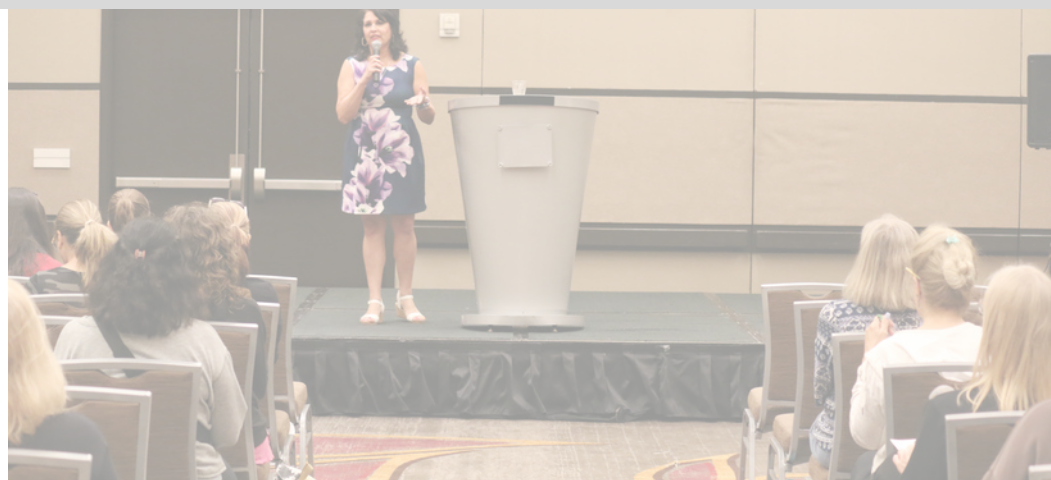
Two signature tracks

The CONNECT Framework - practical social skills

- Own your voice - speaking up with confidence and compassion
- Meet, connect, belong: making real adult friendships

Social connection for wellness

- Social connection - the hidden wellness habit
- Finding yourself again: reconnecting after disconnection



CONTACT DETAILS

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

cherknebel2023@gmail.com

www.cherknebel.com

(480) 225-8775

[linkedin.com/in/cherknebel](https://www.linkedin.com/in/cherknebel)

**Authentic,
relatable, and
warm presence
on stage and off**

**Experience
speaking at
women's retreats,
summits and
virtual events**

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

**Combines
storytelling with
science to create
lasting and
engaging mind
shifts**