

# 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.



### 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

### 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, resilience and longevity
- Global inspiration - what we can learn about connection from other cultures

### 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!

**[cherknebel2023@gmail.com](mailto:cherknebel2023@gmail.com)**

**[cherknebel.com/speaking](http://cherknebel.com/speaking)**

**(480) 225-8775**

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

**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  
engaging mind  
shifts**