

# Cher Knebel

## Communications & Connection Expert

**Social connection is a critical – and often overlooked – pillar of mental health for today’s college students.**

As more young adults navigate college without built-in community, many experience loneliness even while surrounded by others.

In this engaging and relatable presentation, speaker Cher Knebel combines real-life stories, current research, and practical strategies to help students understand why connection matters and how to build it intentionally in ways that feel authentic and doable.

This talk supports campus goals around student well-being, mental health awareness, and student engagement, making it a strong fit for health fairs, wellness events, and student success initiatives



Cher is an author and founder of **Living Happily Connected and** writes and speaks on the power of social connection. She is on a mission to help college students and young adults communicate better and connect more so they can live more happily connected lives.

## AFTER CHER’S TALK, ATTENDEES WILL FEEL:

- ✓ **Less alone** - with reassurance that their struggles with connection are common & understandable
- ✓ **More confident** - with simple, realistic ways to reach out and build or deepen relationships
- ✓ **More grounded and supported** - feeling a stronger sense of belonging within themselves and their campus community



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

# PACKAGES

## A: BUILDING REAL CONNECTION IN A DISCONNECTED WORLD

- Keynote speaking (up to 60 minutes)
- Engagement exercises, custom PDF
- Ideal for orientation, wellness weeks, mental health or student success events.

## B: FROM LONELY TO LINKED - SIMPLE WAYS TO BUILD CONNECTION IN COLLEGE & BEYOND

- Interactive wellness session.
- Topics: using tech as a tool for connection, overcoming common barriers, improving social and comms skills for better relationships
- Ideal for wellness programming, residence life, peer-led programs

## C: WELLNESS FAIR/MICRO-SESSION

- Table displaying books, handouts and connection tools to promote connection for wellness, reduce stress
- Cher will be available for brief talks, informal engagement with students
- Ideal for health fairs, wellness expos, mental health awareness events



## 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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