



CHERYL GARRISON

SPEAKER - COACH - AUTHOR

Cheryl Garrison is a dynamic speaker who captivates her audience with her personal stories and experiences living life after 50something. Her desire is to help women over 50 re-invent themselves to live a life of passion and purpose.

One aspect of all of Cheryl's presentations is her infamous chair - the chair she could barely get out of to take the steps toward her own re-invention. She speaks to every women over 50 who finds herself STUCK! It could be a chair, a sofa, a bed, a career... a safe haven that has kept them from success.

Speaking Topics include:

- From the Chair to the Stage - A personal journey to re-invention.
- Failing Forward - Strategies for moving beyond failure
- Re-Invent Yourself - 4 steps to creating a lifestyle re-invention plan.
- From Expert to Entrepreneur - How to use your expertise to start a business

Re-Invention Expert for Women Over 50

What Women are Saying...

"Your presentation touched me so much that I have made a goal to walk by March 2018." A. Holloway (a woman who recently had a stroke and lost the ability to walk)

"Before attending Cheryl's presentation, I felt as if I was stuck in cement. Now, I am ready to create a new life for myself." R. Bradford

"After your keynote speech, I am ready to open my gluten-free restaurant. I can't wait to work with you to create my plan." D. Adams

"There's an education in every conversation with this phenomenal woman." K. Todd-Tulles

Book Cheryl for your next Event!

602-684-5366 50Somethinglifestyle@gmail.com

As a Speaker:

Cheryl has been a featured speaker at several women's conference and networking events including: Womenpreneur 2015, a conference that was streamed live to over 15,000 women; Women Who Prosper 2016 and 2017; Sisterhood Telesummit 2016; Be Well Mastermind Conference 2017; Be Well in Business Conference 2018 and several workshops and breakout sessions including Don't Retire, Re-Fire! and From Expert to Entrepreneur, 2019.

About Cheryl

Cheryl Garrison is the founder and CEO of 50Something Lifestyle, a training and coaching resource for women over 50. She is a champion for women who are transitioning from career change, retirement, empty nest, layoff and more.

For more than 30 years, Cheryl has been an entrepreneur and has won numerous business excellence awards. She is the creator of the Topleaders Business Leadership and Development Training program and the NEXT STEPS Business Intensive, a program that helps women over 50 start a business using their skills and expertise.

Cheryl is the author of two books:

Re-Invent Yourself: A Lifestyle Transformation Guide for Women Over 50.



From Expert to Entrepreneur: The Woman's Guide to Starting a Business After 50.



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