



## Cheryl Ketchens

### Contact Information

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### Biography

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Cheryl Ketchens is an energetic, optimistic, compassionate, fun-loving, and results driven Coach Training Alliance Certified Life Coach. Empowering others to achieve their personal greatness is her life-long passion. One of her personal motto's: "When You Achieve, I Succeed." Her diverse work history lends itself to talking and providing training on a number of subject areas. Her coaching services are available to anyone interested in achieving their personal and professional goals, and fulfilling their life's purpose. Cheryl is a member of the [Rising Stars Toastmasters Club](#).

### Presentations

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#### ***"Women Who Survive, Thrive – 10 Essential Caregiver Survival Tips"***

Subject: Caregiver Support

Presentation Time: 1 hour

This is Cheryl's signature keynote address for empowering caregivers. As a former end of life caregiver of 5 years, Cheryl understands the rewards, demands, highs, lows and ultimately the life altering changes that caring for a terminally ill or chronically ill loved one can make on the life of a caregiver.

#### ***"Youth Job Readiness Training Classes"***

Subject: Job Readiness

Presentation Time: 1 hour, twice per week for 6-8 weeks

This training class is available for High School youth between the ages of 15 - 17 years to develop soft skills for the workplace. Sessions include: Getting to Work On Time, Taking Direction from Supervisors and Other Persons of Authority, Getting Along With Your Co-Workers, How to Behave On the Job, Interviewing, Resume and Cover Letter Writing, Impact of Social Media and iPhones in the workplace, Employment Career Trends, and Labor Market Information.

Cheryl is also able to address a wide selection of topics addressing the themes listed below. She can adapt the presentation material and time to suit your specific needs.

- Caregivers
- Death and Dying
- Starting Your Own Business
- Teen Job Readiness
- Marriage
- Child Rearing
- Pre and Post Bereavement
- Organizational Skills – Home, Work and Personal Life
- Conflict Resolution
- Divorce – Causes and How to Prevent
- Mentoring
- Preparing Keynote Presentations
- Forgiveness
- Positive Mindset Relationships – Co-workers, Friends, Managers/Supervisors,
- Home Decorating/Interior Design
- Interviewing
- Resume, Cover and Thank You Letter Writing
- Race Relationships
- Cell Phone Etiquette
- Date Rape – How to Avoid Being a Victim
- Womens Safety Issues – How to Be Safe Wherever You Are
- Hiring a Contractor
- Social Media
- Effective Communication – In the workplace and our personal lives