

Be Strong, Speak Life.
Shine Bright.
Cheryl!

Notice her biceps. Admire her spirit. Remember her message!

American Gladiators Champion Radio Show Host & Speaker/Author

When Cheryl's dad taught her to stand on her head as a child, she started seeing the world differently. Cheryl landed in Hollywood and became a "Champion" on *American Gladiators*—and she's been tackling gladiator-sized obstacles and dreams ever since!

For 10 years, Cheryl hosted her Telly award-winning educational fitness TV show *The Body Perfect by Cheryl*. Then she turned her heart to kids with *Adventures in Oz with Cheryl*, her fitness film that won 13 national awards.

Nothing has stopped her—not even a genetic speech impediment and a name like SSSheryl SSSilich. Today, this radio show host and multi-media storyteller is not afraid to be imperfect. She knows what works, and she shares it. Cheryl's "if I can do it, you can, too" attitude is contagious.

That's her magic...

Not bad for a girl who couldn't even say her name.



Keynotes

- **GLADIATOR GRIT** – Face “gladiators” opposing your goals by unleashing the gladiator within to win in life!
- **BE GLAD** – “BEcome a GLADiator” with tools to choose, practice, and habituate joy!
- **GRIT to GRACE** – Listening to God’s voice and plan for your life in a world that’s shouting! (*Christian message*)

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Testimonials

“I can’t express how much that Bolt of Joy expanded my own level of joy! Cheryl’s enthusiasm is contagious and so needed in today’s world. Her delivery and teaching marked me!”

– Anna Cartwright, RN
Live Strong Live Long

“A perfect 10! BRAVO! You rock!”

– Susan Crook, President/CEO
Frontier Marketing LLC

“Cheryl was terrific!...One of the best presentations I’ve heard. So inspiring and the perfect way to reset my mindset!”

– Rika Beckley, Director of Donor Engagement, PLI (Pastoral Leadership Institute)

“Cheryl is an engaging and vibrant presenter and true to her topic, an absolute joy to experience!”

– Monica Lynne French, President
HearthLink Network, Palm Beach

“God has blessed you with a very special message. You have an effusive way of reaching our hearts and minds.”

– Jeanne Porter, Founder
Women in Christian Leadership

