



Cheryl Richardson, author of The New York Times bestselling books, *Take Time For Your Life* and *Life Makeovers: 52 Practical and Inspiring Ways to Improve Your Life One Week at a Time* and *Stand Up for Your Life*, supports busy people in achieving professional success without compromising their quality of life. She was the first president of the International Coach Federation and holds one of their first Master Certified Coach credentials. Cheryl is also the recipient of the Motivational Book Award for *Life Makeovers*. This award, which was presented by Books for a Better Life in 2000, honors the year's most outstanding books and magazines in the self-improvement genre.

Cheryl headed up the Lifestyle Makeover series on The Oprah Winfrey Show. In presenting her, Oprah spoke of her as "Cheryl Richardson, who heads up our Lifestyle Makeovers team, is back in action with a plan to build your 'spiritual backbone'... learn to be the person you really want to be and live your life with true integrity." Cheryl also accompanied Ms. Winfrey on the nationwide tour, "Live Your Best Life", during the summer of 2001.

As a professional speaker, Cheryl has designed and presented programs to universities, Fortune 500 companies, educational conferences and professional associations. Her work has been covered widely in the media including The Today Show, Good Morning America, CBS This Morning, New York Times, USA Today, Good Housekeeping and O Magazine.

Cheryl served as the co-executive producer and host of "The Life Makeover Project with Cheryl Richardson" on the Oxygen Network and she is also the co-executive and host of two Public Television Specials - "Stand Up for Your Life" and "Create an Abundant Life" - which premiered in August 2002.

Cheryl Richardson

Speech Topics

- Women's Issues
- Personal Growth
- Inspiration
- Attitude

