

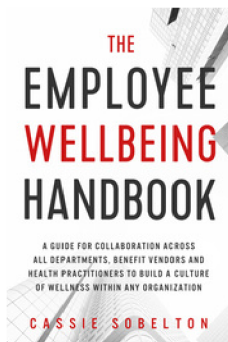


Cassie Sobelton

Motivational Speaker | Author | Wellbeing Expert

Keynotes for corporate events, conferences, seminars, workshops, staff meetings, leadership and group trainings.

Cassie delivers the perfect mix of inspiration, education and authenticity providing actionable wellbeing insights and tools.



Bestselling author Cassie Sobelton is a health and wellness expert who believes in a real-world approach to Mind, Body, and Spirit balance. While her first book, **Back to Balance**, tackles individual health, her second book, **The Employee Wellbeing Handbook**, takes on the wellbeing of entire corporations.

contact@cassiesobelton.com



KEYNOTES

Ideal for:

- Group Seminars and Workshops
- Wellness events



Back to Balance: Crack Your Mind, Body, Spirit Code for Optimal Wellbeing

Cassie shares her personal story of physical, emotional and spiritual challenges, and how she learned to overcome them by tuning in with her Mind, Body and Spirit to achieve health, wellness and happiness. She shares what took decades to learn. Discover how to pinpoint the causes of imbalance in your life, implement easy “health upgrades” that are realistic and effective, listen to your body to achieve spiritual balance and utilize Mind, Body, Spirit cues to Crack Your Health Code. Her genuine, down-to-earth approach leaves audiences feeling energized and motivated to make real changes.

Finding Center in Chaos: Balance, Resilience and Positivity for Health & Happiness

Learn ways to reduce stress, create balance, navigate the unprecedented times we find ourselves in and transition back to normalcy by drawing out the positive and letting go of the negative. Cassie will focus on gratitude, positivity, and how to shift our thinking to feel empowered and hopeful for the coming & continuous shifts in society. Her goal is to remind us of the good, recommit to our center, find the blessings in our current situation, and above all else, realize that this is not just about the current struggles, but a “life exercise” that will prove beneficial for decades and generations to come.



As a living testament to taking ownership of your life and health, Cassie shares her personal journey to wellness, her lessons and knowledge with others who might be struggling with health issues or just looking to find more balance overall.



KEYNOTES

Ideal for:

- Manager's and Leadership conferences
- The Benefit, Insurance and HR industries

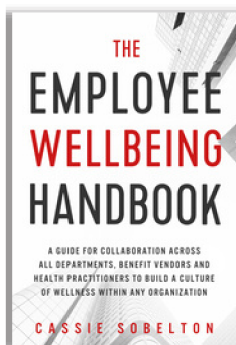


Leadership Strategies to Create a Culture of Wellbeing

As an accumulation of Cassie's multi-faceted experience in the employee wellbeing industry, she outlines lessons learned, the industry at large and the philosophies and backgrounds that make up the current approach to wellness in the workplace. She shares how recent decades have changed the overall approach to workplace wellbeing, the difference between culture, wellness and wellbeing – and why it's important to be targeted in your word choice, and how your leadership style is more important than anything else you do to create a culture of wellbeing in your organization.

Leadership Strategies For The New Workplace, New Employee, & New Normal

The world has changed and so has work! Covid turned us upside down, but that's no reason to do the same to your leaders. In this keynote, Cassie will discuss the new American work landscape, where employees have new desires and quite honestly, power to fulfill their needs. Teach your leaders how to accommodate these new needs and what they can do to make employees feel safe, valuable, and appreciated in the new work environment. As well, help your leaders identify which employees should transition, how to support their transition and how to best fill and train that new role. It might not be as stressful and difficult as you'd imagine. A new world brings with it new strategies. Let us reframe our thinking to best serve everyone involved!



This book was created to assist employers, benefit brokers and health plans as they advance their employee wellbeing initiatives with best-in-class strategies and an outline to help them understand the industry and the many possibilities they have available to them.



About

Cassie Sobelton brings a wealth of expertise to the health and wellness industry, spanning various domains. Her extensive background in consumer and business-oriented wellness fields revealed the challenge of grasping a truly holistic understanding of wellness, preventive care, and healing. By merging her unique experiences in business, government, public outreach, traditional healthcare, and holistic wellness, Sobelton enlightens audiences through her motivational speaking engagements, insightful writing, and frequent contributions to the media. Her primary goal is to elucidate the significance of lifestyle, workplace environment, and mental/emotional factors in relation to our overall health and wellbeing.

Media/Spokesperson

- Trained keynote speaker, corporate training facilitator
- National brand spokesperson
- Frequent contributor, ABC News
- Various radio/podcast shows
- Best-selling author



Employer/Benefits/Insurance

Multi-faceted experience at:

- Benefit broker
- Health plan
- Wellness vendor
- Health system



Wellness Expert/Advocate

- Certified wellness program coordinator
- National Wellness Institute, Financial Wellness Facilitator
- Various safety and OSHA certifications
- American Heart Association, Basic Life Support Trainer
- Nutritionist/health coach
- Yoga/meditation/fitness certified



Testimonials

On behalf of the Best and Brightest in Wellness program, I'd like to thank Cassie for her wonderful presentation at our awards gala. The feedback from our attendees was outstanding. We truly appreciated her insight and advice for finding balance in our lives and achieving a comprehensive health solution. In addition, her ability to relate to our audience with warmth coupled with her willingness to answer questions, both from the stage and during the network segment following her keynote, enhanced the experience for everyone in the room. She gave us all a lot to think about!

Jennifer Kluge, CEO and President, Best and Brightest Companies to Work For

Cassie's breadth of knowledge and experience in the wellness industry is remarkable and unique. More importantly, she consistently demonstrates an ability to transfer that knowledge to businesses in a practical, communicative manner. I cannot overstate the value she added to our organization. Five stars.

Christopher Koch, CEO, MedChat Health

Cassie is five-star and delivers the highest-quality presentation in the industry. Her intelligence and creativity make all of her sessions successful. Her passion for wellness is obvious.

Tom Anderson, Director of Wellness, Compuware

Cassie is adept at quickly reading stakeholder audiences and adjusting her presentation content and approach to achieve meeting objectives. Cassie's engaging style and her willingness to share what she has learned through her personal journey leaves her learners wanting more!

Carol Nowak, SVP, Priority Health

Cassie is an extremely knowledgeable and passionate wellness expert. Observing her speak to almost 200 audience members, we could instantly tell she had a connection with everyone in the room. Cassie kept everyone engaged during her presentation and took the time to speak with guests that had additional questions after the presentation. Cassie was a pleasure to work with, and I would definitely recommend her to anyone.

Renee Bovair, Executive Director, SAE Detroit Section

Cassie has wonderful presence; she is engaging and connects with her audience. She has a wealth of knowledge and experience in the health and wellness field. Our members and guests raved about her onsite speaking engagement. Guests walked away with great information and enjoyed the activities and discussions. We look forward to her next visit!

Linzee Baxter, Sola Life & Fitness

Testimonials

The employee event with Cassie was a huge success – I had so many people come to my office thanking me for booking Cassie and bringing this learning opportunity to Henry Ford West Bloomfield Hospital employees! Her presentation was great – very motivational.

Lindsey Mata, Events Coordinator

Cassie is an innovative leader in the Health and Wellness industry. Her kind, approachable manner and true dedication are to be commended. She is a real pleasure to work with. I can truly recommend Cassie to you.

L.Brooks Patterson, Oakland County Executive, Oakland County MI

I have continued to be impressed with Cassie and her expert knowledge that, when combined with her passion and customer service orientation, make her an outstanding professional that we continue to utilize at our organization. She is extremely dependable and our employees are the better for the special talents that Cassie brings.

Rick David, COO, UHY Advisors

Our team members, laughed, cried and, most importantly, learned how to lead better lives listening to Cassie's presentation. You need to hear her message.

Matt Roling, Director, Rock Ventures

Cassie's presentation exceeded my expectations. She was knowledgeable, relatable, and the presentation was interactive. One of our managers said it was the best managers' meeting he's been to in 10 years!

Kathy McPerson,
Lockwood Management Group

Cassie impressed and inspired me. Her look was perfect, simple and polished; her material was current, fresh and data driven. She was so knowledgeable, but equally real in the sharing of her story and how she obviously "walks the talk." Cassie reminded me to surround myself with positive people and that I am ultimately in control of my own destiny, career plan and most importantly, life. Cassie's presentations are filled with nuggets of gold! She made a big impact on me and I very much appreciated her insights.

Pat Kienzle, OakMac SHRM Member

The office was BUZZING immediately following the presentation today. It was a HUGE success!!!! People who attended are telling the people who didn't all about what they learned. I love it! Thank you for delivering such a fantastic presentation.

Heather Deady, BullsEye Telecom