

What is the Secret ingredient that will insure your conference or event is a success?

Add a dash of Sherry



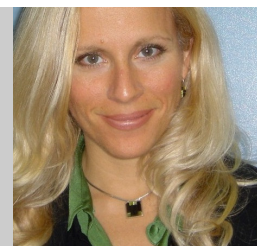
Sherry Strong
Chef. Nutritionist. Wellness Expert

Sherry Strong's career as a much sought after keynote speaker emerged from a background as a celebrity chef with a passion for nutrition and health. An energetic Canadian born Australian entrepreneur, she developed her own cooking school after working as a head chef in Melbourne all before she was 25.

Sherry Strong has been seen on television and radio, been a prominent presenter in numerous Food and Wine events throughout Australia, Canada, USA and New Zealand, and taken up honorary head positions with Nutrition Australia (Vic) and Slow Food (Melbourne).

Having been twice her size, Sherry is highly tuned in to the struggle to eat well and helps others get the life they want without giving up the things they love.

What is a Cooking Keynote?



Think of a cheeky chef, naughty nutritionist and an environmentally safe power plant. Add heat, herbs, spices, wicked wit and audience participation and you have a **Great Energy Boosting Session** to put on when you know the audience needs a pick me up.

As Sherry Strong cooks, she weaves together inspiring messages, vital information and personal stories. Beside her is the self-nominated "worst cook" from the audience who magically prepares a tastier, healthier meal than hers. She demonstrates how easy it can be to reduce the effect of ageing, manage stress and will leave you feeling full of energy.

One minute you will be laughing and the next you will be inspired to make the changes you want. The Cooking Keynote demonstrates the power of making informed decisions that can transform your life. It provides entertaining, interesting practical messages to takeaway and back into life & business.

What clients have to say about Sherry Strong...

Your work was right on the money, you worked to the brief, you had them laughing, thinking and inspired to act on the information. You are still a conversation topic at lunch time. You captivated the audience ...they were hanging on your every word...
Kristi Russell - Corporate Development CUB Finance - Fosters

They LOVED the cooking demonstration.... and the smell of the cooking food directly before lunch. You were incredibly well received. Injecting your personality and humour into the presentation was excellent! Our delegates acknowledged that their own health and well being - and that of their staff and clients - is of critical importance and your presentations provided them with a refreshing point of view on the topic. **Linda Morrison** - Lonsdale Financial Group Ltd

Sherry was awe-inspiring and really funny, relevant to us both personally and professionally, informative, motivating, practical and entertaining. What an eye opener... easily understood with some simple tips to take on board....I would recommend her without hesitation.
Lisa Cahill - National Retail Manager - The Body Shop

Please visit our website: www.sherrystrong.com for details of all Programs and more responses from satisfied clients.

Contact Sherry Strong in Australia on Tel: +61 412 098 992 or sherry@sherrystrong.com to book Sherry's Cooking Keynote and for any further information.