



# CAPITOL CITY SPEAKERS BUREAU

*We help you thrill your audience!*

---



## **Andy Core, MS**

*Travels from:* Arkansas

*Fee Range:* \$5,001 - \$7,500

---

Andy Core's primary focus is understanding "why do we not change when we know it is the right thing to do?" Specifically, he addresses how to overcome the barriers sabotaging your motivation to living healthier and achieving better work-life balance.

Core has a master's degree in the science of human performance and performed research and understands how men and women respond to stress, stress testing, and what it takes to change your health behaviors for the better.

Over the last 17 years, Core has contributed to improving the overall health of some of America's most successful companies as well as some of our most unhealthy communities. Specifically, he has field tested his concepts working directly with hundreds of top performers within Gillette, Coldwell Banker, Intel, Ernst & Young, Clorox, Tyson Foods, and Newell Rubbermaid, as well as leading healthcare organizations, associations and government agencies. His success rate at helping people go from "knowing they need to live a healthier and more balanced life" to actually living it is 13X the national average.

Combing the high energy style of a stand-up comic, stories from his experience a successful wellness consultant, and the latest research, Core will ignite your motivation and show you how to execute a better way of life.

### *Most Requested Programs...*

- Life Balance - Redefining Humanly Possible
- Stress Right - How to better dodge, withstand and use stress to your advantage
- Sales Energy - Having "the Juice" to Get & Keep More Clients
- Wellness Engagement - What it takes to effectively pitch, implement and sustain a successful worksite wellness program