

## ANDY CORE INTRODUCTION

Our speaker today is Andy Core and he specializes in helping people thrive in high demand careers.

**\*\* OPTIONAL:** This is a great spot for you to personalize Andy's introduction with: "Why Andy's message is important to us right now is ... For example: "Given the changes we face, the growth we've had..."

He has researched busy people for more than a decade... here is the most important comment he's heard:

"I know I need to do more at work, live healthier, and be there for my family. What I don't know, is how to make it all happen."

Andy Core has a master's degree in human performance and has been chosen as one of America's Top5 Speakers in Health and Healthcare.

But what Andy really is, is a life-balance realist whose success rate at helping people go from wanting to live a more balanced life... to actually doing it... is 13 times the national average.

Please welcome our guest speaker Mr. Andy Core!