



## **Andy Core - Introduction**

Our speaker today 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 the Top5 U.S. Speakers in Health and Healthcare and is #33 on the Top 100 Productivity Experts on Twitter.

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!