Speaker Andy Core’s 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!

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\*If you need to reach Andy for any reason please contact him ASAP:

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Email: [andy@andycore.com](mailto:andy@andycore.com)