

## **ANDY CORE, M.S.**

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Proposal

# **ANDY CORE, M.S. SPEAKER PROPOSAL**

Project ID #3889/74222

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Prepared for:

**SAMPLE PROPOSAL**

Proposal Issued:

Proposal valid to:

Project Manager Contact

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# Hello My New Friend!

I know your events are important, especially now. I'm thrilled to provide this proposal. I need just a few logistical details to provide specific fees. I'm happy to chat when convenient for you.

**Feel free to call my mobile: 479-871-5810**

I work with leaders and event teams to deliver in-person and virtual learning programs that address current challenges and initiatives. These typically include:

- Staying motivated in challenging times
- Reducing stress & turnover
- Improving work-life balance

As a result of my presentations, your people will come away with inspiration and research based tools for a thrive-under-stress productivity plan and a revitalized appreciation for your investment in them.

Recent Feedback on Virtual Programs:

- A multinational construction firm had record attendance of over 300 attendees (average 80-90) and recorded high program evaluations
- A international accounting firm has reported growing attendance throughout the virtual series, better morale, more efficient and productive performance reviews, and frequent use of the tools presented.
- After a Keynote virtual presentation last month, a banking organization rehired me to present to their leadership team on "how to motivate employees in high stress situations."

I look forward to exploring how these programs can help your people.

-Andy Core

*"The American Institute of Stress estimates that job stress costs U.S. industry more than \$300 billion a year in absenteeism, turnover, diminished productivity, and medical, legal and insurance costs."*

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Let me introduce myself, I'm Andy.

Armed with a master's degree in the science of human performance, I've spent over twenty years researching ways to better equip people to thrive in today's high demand workplaces. I'd love to help your people develop great attitudes, achieve huge accomplishments, and lower costs.



### Andy Core, MS By The Numbers

- Over 1,100 presentations on 3 continents (North America, Asia and Europe)
- 5 Star peak performance author (Wiley Publishing, NY, NY)
- Over 2 decades of experience as a researcher, author, and speaker
- 2 Professional degrees (BS Pre-Med, MS Human Performance)
- Client change that lasts up to 13X longer than the national average

 *I believe in hard working adults and their ability to accomplish more, both on the job and off. I also believe that you don't have to "change your life" to dramatically improve, but you do have to Change Your Day. -Andy Core*

### Awards

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## My Most Requested Topics.

**Each presentation below has earned top-rated speaker honors.** I will customize your presentation to your goals, audience, and location.

### ***Change Your Day, Not Your Life***

The great paradox is this: hard-working adults who strive to achieve more often end up defaulting to a daily routine that undermines their ability to succeed. But the secret to escaping the paradox is surprisingly simple: Change Your Day, Not Your Life.

### ***Leading Under Stress***

This program teaches leaders how to energize their people and themselves when stress hits. Your leaders will learn three evidence-based ideas and a formula they can use to better manage times of high workload and organizational or industry change. They'll also discover how to communicate that change in a way that improves focus and proactive behavior.

### ***Life Balance & Redefining Humanly Possible***

Today's work culture has us constantly running 90mph with our hair on fire, and tomorrow will be even faster. The good news is that what we yearn for — a better balance of life and work — is actually the solution to the "do more-with less" dilemma. In this program, you'll learn how to improve your balance, productivity, and ability to stay motivated in turbulent times.

### ***(Your Topic Here)***

I frequently custom design presentations for my clients. Most common requests include improving commitment during change, reducing stress and burnout, or providing a "thank you" work-life balance program.

## Formats Available

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### Keynotes/Endnotes



### Workshops/Preconferences



### Virtual Conferences



## My Recent Work.

- “Your Keynote at our WIN Leadership Event was nothing short of **‘beyond expectations.’** Our group loved how you tied in research data, personal experience, and contextual humor into simple and convincing steps.” - Program Manager, Intel
- "Andy, our investment in bringing you in as Keynote speaker for both of our larger events **produced a great ROI.** - CEO, The Institute of Finance and Management
- “You were named our **'Top Influencer'** at both our County CEO event and our Annual Conference.” - AAMSE President
- “The fact that I **rehired you on the spot** says it all.”  
- VP Sales, OnMedia
- “Andy has one of those uncluttered minds that enables him to talk about willpower and change in a way that **leaves people hopeful** and inspired to improve.” - Training Specialist at the State of South Dakota
- “I continue to receive emails from our members. Your overall **rating was the highest we have ever had** and look forward to having you back next year.” - Executive Director, Ernst & Young
- “Providing a program of this magnitude at such a crucial time communicated to the team that even with rough waters ahead, **together, we can and will accomplish great things.**”  
- Executive Director, Washington Regional Foundation
- “Andy was the **perfect balance between humor and concrete advice.**” - VP, Equity Residential

## Clients Who REHIRED Me to Speak to Their People.

- INTEL **23X**
- Ernst & Young **6X**
- IFEBP **7X**
- ING **3X**
- Mercy Health **4X**
- ICA **2X**
- LEADERCON **3X**
- ADP **6X**
- ARMY National Guard **5X**
- Coldwell Banker **14X**
- Blue Cross Blue Shield **8X**
- California State Univ **8X**
- Cigna **4X**
- CMAA **13X**
- CNA **2X**

## Video Previews.

Paste the link into your favorite browser to view the video(s). More available upon request. Go to: [www.andycore.com/videos](http://www.andycore.com/videos)



### Keynote Demo

"He delivers his message with such enthusiasm, you can't help but want to make changes to your own personal life and influence those around you." - Chair, California Purchasers Health Care Coalition



### SUCCESS UNDER STRESS Series

"In less than two weeks Andy's video on willpower jumped to the top 20 most viewed videos on SUCCESS.com's Youtube channel"



### Pre-event Keynote Promo Video

"This video aided in driving the most attended event on record, and having to open up two over flow rooms"

# Fees. You Have Choices.

Below outlines services and investment choices. If you have questions, don't hesitate to call or email me directly at andy@andycore.com or mobile (479) 871-5810. I'm happy to walk you through these options or brainstorm a package to fit your goals.

## IN-PERSON

### In-Person Keynote

In-Person General Session (up to 2hrs)

Your investment includes:

- Personalization of presentation via phone interviews with the event leadership team and/or attendees
- Handout/Learning Guide
- Pre-event promo video
- 30 day attendee access to Andy via his personal email and 800#
- ***Change Your Day, Not Your Life*** books discounted \$23 to \$16.50

**Investment:**

## IN-PERSON

### Workshops

In person work workshop or pre-conference (up to 4hrs).

Your investment includes:

- Personalization of presentation via phone interviews with the event leadership team and/or attendees
- Handout/Learning Guide
- Pre-event promo video
- 90 day attendee access to Andy via his personal email and 800#
- ***Change Your Day, Not Your Life*** books discounted \$23 to \$15.95
- 30 day follow-up webinar (optional)

**Investment:**

## VIRTUAL+

### Virtual Presentation Series

Customized live or recorded virtual presentation or presentation series.

Your investment includes:

- Personalization of presentations via phone interviews with the event leadership team and/or attendees
- Handout/Learning Guides
- Pre-event promo video
- Free access to Andy via his personal email and 800# for attendees during program
- ***Change Your Day, Not Your Life*** books discounted \$23 to \$15.50
- A success report you can share with stakeholders.

**Investment:**