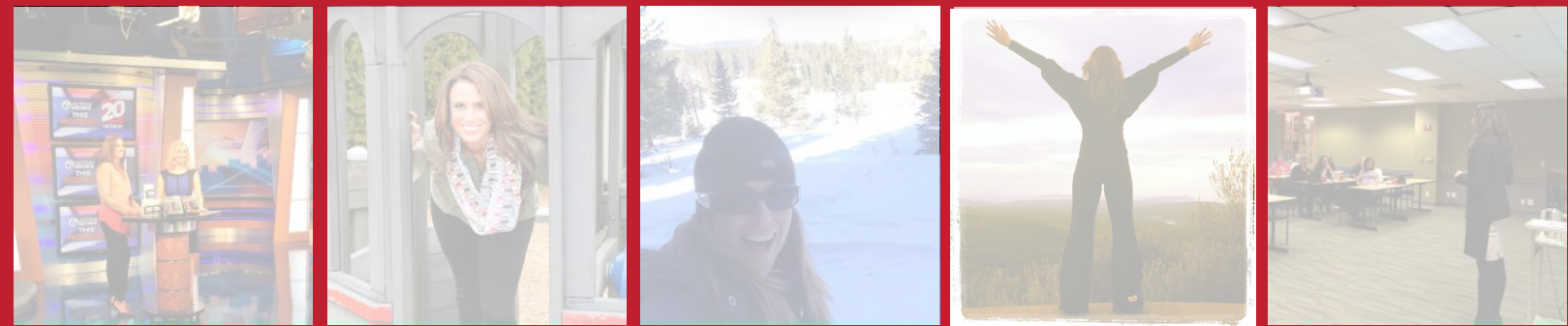




WELL-BEING
ENGAGEMENT
PRODUCTIVITY



Amazon Best-Selling Author

ABOUT CASSIE



Certified Health Coach
from the Institute for
Integrative Nutrition

DMC Leadership
Academy

Registered yoga
teacher RYT200 from
the Yoga Alliance

NLP Practitioner

Trained by the American
Heart Association's Basic
Life Support Training
Program

Certified Wellness
Program Coordinator



cassie sobelton

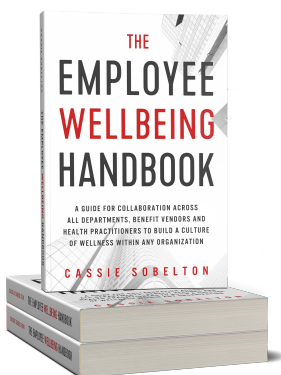
Cassie is a health and wellness expert, motivational speaker and author of the #1 Amazon Best-Selling book, *Back to Balance: Crack Your Mind, Body, Spirit Code to Transform Your Health.*

Cassie Sobelton, the founder and CEO of SynBella, is one of the nation's most sought after wellbeing consultants. Leading the industry shift to corporate wellbeing, Cassie's innovative leadership has allowed her to build a team of experts who develop and design best in class wellbeing resources.

Ms. Sobelton's second book, **The Employee Wellbeing Handbook: A Guide for Collaboration Across All Departments, Benefit Vendors and Health Practitioners to Build a Culture of Wellness Within Any Organization**, is set to release in summer, 2019.

As an accumulation of Cassie's multi-faceted experience in the employee wellbeing industry, she outlines lessons learned and the industry at large, as she lead a wellbeing vendor, benefit broker, hospital system and health plan to success in the market.

This book is a guide for those new to the industry or who work within the industry and need a more broad understand of employee wellbeing and how it relates to all aspects of an employee benefit plan, engagement, recruitment, retainment and productivity.



SPEAKER

Corporate Organizations

Conferences

Staff Retreats

Executive Committees

Benefit Industry Events

Health + Wellness Events

Lunch + Learn Sessions

Managers Meetings



cassie sobelton



Looking for a dynamic, down-to-earth speaker for your next event or meeting?

Cassie Sobelton is a renowned speaker who engages all types of audience groups to educate, motivate and inspire them to create simple changes that make a big impact.

HIRE CASSIE

The Employee Wellbeing Handbook

Topic details

In this keynote session, Cassie shares her personal story of physical, emotional and spiritual challenges, and how she learned to overcome them by incorporating all areas of wellbeing to master her health. Using this as a launching pad to introduce the employee wellbeing industry and how to best deploy wellbeing strategies, Cassie shares what took her over 15 years to learn in all "4 corners of the industry" (health plan, health system, vendor and benefit broker).

From learning how to organize employee wellbeing ideas and benefits, set goals, implement and monitor a strategy, Cassie's genuine approach leaves attendees feeling energized and empowered to approach wellbeing in new, easy way!

You'll learn:

- how to utilize all benefit vendors to build, implement & monitor an effective wellbeing strategy
- to organize a wellbeing strategy and events with little to no budget
- how to work in the employee wellbeing industry if you are vendor in the benefit industry
- the difference between wellness and wellbeing and how to address all areas of wellbeing for maximized employee health, happiness, engagement and productivity

Each Speaking Session includes:

- 30-60 minute interactive + engaging presentation
- corporate discount on copies of her book for attendees
- book signing + Q&A session

Visit cassiesobelton.com/hirecassie or synbella.com for more information.

WHAT THEY'RE SAYING

Cassie Sobelton has been honored to speak at various events, corporations and to groups across the United States on a variety of health and wellness issues. Some audiences include:

Quicken Loans

Detroit Medical Center

Wayne State University

Detroit Regional Chamber

SAE Detroit

American Red Cross

Infinity-Ovation Yacht Charters



cassie sobelton



“

“Cassie is five-star and delivers the highest-quality presentation in the industry. Her intelligence and creativity make all of her sessions successful. Her passion for wellness is obvious.”

- Tom Anderson, Director of Wellness, Compuware

“

“Cassie’s presentation exceeded my expectations. She was relatable, knowledgeable, and the presentation was interactive. One of our managers said it was the best managers’ meeting he’s been to in 10 years!”

- Kathy McPerson, Lockwood Management Group

“

“Our team members, laughed, cried and, most importantly, learned how to lead better lives listening to Cassie’s presentation. You need to hear her message.!”

- Matt Rolling, Rock Ventures

“

“Cassie is an innovative leader in the health and wellness industry. Her kind, approachable manner and true dedication are to be commended.”

- L. Brooks Patterson, Oakland County Executive, Oakland County, Michigan

“

“Cassie Sobelton is an extremely knowledgeable and passionate wellness expert. Observing her speak to almost 200 automotive executive spouses, we could instantly tell she had a connection with everyone in the room. Cassie kept everyone engaged during her presentation and took the time to speak with guests that had additional questions after the presentation. Cassie was a pleasure to work with, and I would definitely recommend her to anyone.”

-Renee Bovair, Executive Director, SAE Detroit Section

Visit cassiesobelton.com/past-speaking for a full list of companies where she’s spoken.

Click each placement below:

CASSIE IN THE PRESS

CRAIN'S DETROIT BUSINESS
Michigan Morning
 October 28, 2015



GUEST BLOG: MARK S. LEE
Woman turns personal health issues into Birmingham-based business

Cassie Sobelton's health journey led her to start SynBella, a company focused on providing corporate and individual wellness programs.



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CASSIE IN THE NEWS

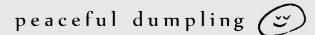


Visit cassiesobelton.com for a full list of media coverage.

PRESS

Cassie Sobelton has been featured as a health and wellness expert across multiple media outlets. She is able to speak to a wide variety of topics while infusing her message of achievable, real-world health.

As seen on:



CONTACT



For more information about speaking opportunities, contact:

csobelton@synbella.com

For brand ambassador requests, media and PR inquires, contact:

contact@cassiesobelton.com



cassie sobelton