

WORKAHOLIC UPRISING™

with *Dr. Cori Cooper*

THE CORPORATE MOM COACH, PROFESSIONAL SPEAKER,
AND HEALTH EDUCATION EXPERT



RELEASE YOURSELF FROM THE PRESSURE TO PROVE!

About Dr. Cori

IT WASN'T UNTIL DR. CORI COOPER HAD HER SON DID SHE REALIZE THE MAGNITUDE OF HER WORK SCHEDULE AND THE EFFECT THAT IT WAS HAVING ON HER HEALTH AND HER PRIORITIES. She had been extremely successful working in academia and the pharmaceutical industry for many years, but unaware of the sacrifices she was making to do so. In her mind she was handling it all, mom, wife, and building two businesses while working full time. The truth of the matter though was neglected relationships, missed opportunities, struggles with weight, difficult pregnancies, and the constant feeling of overwhelm.

DR. CORI NOW USES BOTH HER PERSONAL AND PROFESSIONAL EXPERIENCE TO IGNITE AND ENCOURAGE WORKING MOMS TO THRIVE FROM A PLACE OF HEALTH FIRST. For over a decade, Dr. Cori has been coaching women in health and she's bringing that training coupled with her work with some of the leading business coaches across multiple industries to working moms all over the world.

Her company, The Cooper Collaborative, coaches women to know that they alone are enough. **IT'S NOT ABOUT "DOING" MORE, BUT INSTEAD "BEING" MORE.** Dr. Cori reminds women that putting themselves first creates the inspiration and passion needed to win in their careers and at home.

Dr. Cori's inspiring story about rising up, releasing, and reclaiming your freedom was so well-delivered. **DR. CORI IS POISED, POWERFUL** and provides permission to release your imperfection. **SHE IS A POWERHOUSE LEADER AND SPEAKER.**

Lisa Fraley

Dr. Cori helped me to embrace the idea that I am already more than enough and that work should provide a sense of joy and inspiration to my life. **HER RAW HONESTY AND BEAUTIFUL PRESENCE ON STAGE WILL INSPIRE AUDIENCES EVERYWHERE** to "rise, release and reclaim" creating success on their terms while living with purpose and no regrets.

Lisa Alentejano Gaddy

CAPTIVATING AND AUTHENTIC. Excellent speaker who is versatile, being able to shift onto a deeper message.

Pamela Lynch

Contact

EMAIL | SPEAK@CORICOOPER.COM • WEBSITE | WWW.CORICOOPER.COM



WORKAHOLIC UPRISING™

Everyday women in Corporate America fall out of integrity with themselves and allow work or their employers to dictate their personal lives. **ALMOST WITHOUT EVEN NOTICING, WOMEN IGNORE THEIR BOUNDARIES, SACRIFICE THEIR HEALTH, AND STRUGGLE IN THEIR RELATIONSHIPS** for the sometimes self-proclaimed title of “workaholic”; wearing it like a badge of honor.

See the term workaholic, particularly for women, is not always about wanting to leave our families and burn the midnight oil for a paycheck. It's that we think we have to. Our struggle with constantly working is not necessarily about our employer, it's about us. It's us **GETTING CAUGHT IN THE CYCLE OF PROVING™**.

Here's what I will teach you in Workaholic Uprising™:

- The steps of The Cycle of Proving™ and how to know where you are in the cycle;
- The 3 steps you must take to end the The Cycle of Proving™;
- How taking more time for yourself makes you a better employee and more productive at work;
- How to be more fully engaged in your relationships and why that affects your performance at work;
- Why being busy is not productive;
- Why you should stop bragging about how well you “multitask”.

**ARE YOU READY TO STOP SUFFOCATING UNDER A PILE OF WORK AND RESPONSIBILITY?
JOIN THE WORKAHOLIC UPRISING™ MOVEMENT AND RELEASE YOURSELF
FROM THE PRESSURE TO PROVE!**

From the moment she begins speaking, **DR. CORI CAPTURES YOUR ATTENTION WITH HER PRESENCE**. Her message about the ever-present need women feel to prove themselves and how it leads to a vicious cycle of exhaustion and disappointment is **A MESSAGE THAT EVERY WOMAN SHOULD HEAR.**

Jo Ann Koobke

SOME PEOPLE HAVE THE “GIFT” OF PUBLIC SPEAKING- Dr. Cori you've got it!!! Cori Cooper has a **POWERFUL COMMUNICATION ABILITY TO ENGAGE AND MOVE AN AUDIENCE IN AN INSPIRING JOURNEY**. Dr. Cori's message challenges women to break the vicious cycle of exhaustion to add more value to their relationships, businesses or careers. I highly recommend Dr. Cori as a keynote speaker as she will deliver an **EXCEPTIONALLY VALUABLE PRESENTATION** for your group!

Marjorie Miller

