



Cheryl Wilder

AUTHOR | SPEAKER | COACH

## Keynote Directory

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### **Facing a Stone Mountain: Wherever You Go, There You Are**

During times of desolation, one word comes to our minds: escape. But why is it that when you attempt to leave a situation either physically or mentally, the same issues prevail? After Cheryl's accident, she realized that when the Big Thing you're running away from is YOU, there is only one pathway to recovery, and it's by embarking on an internal journey of forgiveness and self-acceptance.

### **The Power of Choices: Why Intentionality Matters**

Life is a series of choices. But, how do you make decisions with intention in your best interest, and in the best interest of others? And, does making a good decision mean that life feels good all the time? Cheryl deconstructs the craft of making some of life's biggest choices, and how to alleviate the pressures we put on ourselves along the way.

### **Breaking Barriers with Accountability and Forgiveness**

We all want to know what will break the internal barriers built from our regrets, and unlock the door to the life we aspire to live. A scary, and important part of moving forward with a growth mindset, is holding ourselves accountable for past mistakes. Cheryl invites guests to explore the barriers in their lives and meet them first with accountability, then acceptance, and eventually, forgiveness. We must move forward in spite of our internal monologues, and understand that it's not the event, but the aftermath that makes a life.

### **Self as Home: Poetry & Architecture**

Part story about a mentorship between an architect and a poet, part philosophical inquiry into house and home, and part personal narrative exploring interior landscape—that space within our skin where we feel and think—Cheryl explores the question, “What does it mean to have a house: as shelter, as sentiment, as possibility, as identity?” and why it's important to be asking it right now.

### **All of Us: Accepting Every Version of Ourselves**

Though we have only one physical form in this lifetime, we are many different people throughout the course of our life's journey. It's possible that at one stage we are an egocentric person, at another stage we are the person who gives a piece of themselves for the good of another human being. How do we accept all versions of ourselves? Which opens the floor to two even bigger questions, what makes a person bad? What makes a person good? Cheryl examines these thought-provoking ideas through the lens of her own experiences.