



GROUP COACHING

**CHERON K
GRIFFIN**



PERSONAL DEVELOPMENT LIFE COACH



WHAT IS GROUP COACHING?

Group coaching brings the coaching conversation into a small group context. It is an intimate conversation space, focused on goal setting, deepening awareness around key issues, taking action, and accountability. ... Group coaching is both a virtual and in-person modality.



BENEFITS OF COACHING?

80% of coaching clients
experienced IMPROVED SELF-CONFIDENCE,
73% IMPROVED RELATIONSHIPS, 72%
IMPROVED COMMUNICATION
SKILLS, and 70% IMPROVED WORK
PERFORMANCE.*



BIO

Cheron K. Griffin, a Former First lady, is a passionate and selfless woman. Griffin is an entrepreneur, author, producer, motivational speaker, and advocate. She is a Certified Personal Development Life Coach who is certified in life strategy coaching, stress management coaching and fitness and lifestyle management – previously weighing 186 pounds and now weighing 135 pounds without weight lost surgery, but determination. Previously, Griffin worked as a professional dental hygienist serving the Philadelphia 76ers and other celebrities. She has a Bachelors in Science degree from the University of Maryland, Baltimore.

Griffin is known for being the worlds #1 thought provoker and for changing lives. She challenges people to think outside the box in order to manifest their life's desires and live on purpose. Griffin has played a vital role in the entertainment and education sector to advocate for various social issues. Through her reality series "Preachers' Exes," Griffin conveys an informative message to the public, LIVE. In her book, "3 PM: The Preacher. The Power. The Penis & Me," Griffin shows how she transformed from being a married woman of sixteen (16) years to becoming a single woman of eight (8) years until present and being authentically happy. In her latest release "I SEE YOU: Igniting Hope & Preventing Suicide," Griffin aims to save lives especially our children. Griffin was recently featured in the LA Sentinal for being a "2019 Black Inspiration" and interviewed with Rolling Out Magazine. She also flew to Atlanta, Georgia to be interviewed by Jamie Foster Brown, creator of Sister2Sister Magazine for her suicide prevention book and campaign. Griffin is the founder of Grow A Girl Network, Inc – her brainstorm child, a 501C3 non-profit organization that has a history of mentoring at-risk girls and women. She is a keynote speaker and has spoken as far as Africa and Europe. Griffin is very entertaining and dynamic, giving great information. She is the co-founder of True Deliverance Praise and Worship Center in Northern Italy.

Griffin is also an influencer and an effective communicator. She has created trust with her online audience which has resulted in an open and strong interpersonal connection. Her listening skills are superior, which enables her to guide, counsel, and coach effectively. Her interaction with her audience inspired her to become a Personal Development Life Coach. Griffin is a leaders leader coaching pastors and high profile clients. Griffin's presence is seen and felt. You will be renewed in her presence and changed in a moment. She'll be the best speaker you ever had and the life coach you need on your team to keep you disciplined, motivated, and moving forward.



STRENGTHS

- Confidentiality
 - Discretion
 - Result Driven
 - Adaptable
 - Strategic Planning
 - Goal Oriented
 - Professional
 - Quality
 - Emotional Intelligence
 - Personable
 - Management
 - Team Player
 - Spiritual
 - Business Development
 - Creativity
-



CERTIFICATIONS

Certificate in Life Strategist Coaching, *John Spencer Institute*
Certificate in Stress Management Coaching, *John Spencer Institute*
Certificate in Fitness and Lifestyle Management Coaching, *John Spencer Institute*
Certificate of Branding, *JT Foxx Mega Branding and Events*
Bachelors in Science in Dental Hygiene, *University of Maryland, Baltimore*
Laser Certified Training -*Laser Practice Refinement Academy of Laser Dentistry*
Anesthesia Certified, *University of Tennessee College of Dentistry*

WWW.CHERONSWORLD.COM



TESTIMONIALS

Cheron is like Oprah, but more raw. She is a trailblazer. She is powerful, resilient, compassionate, strategic, spiritual and conservative. She's a philanthropist.

*-Flora Singh
Singh Tours International*

Cheron is a phenomenal speaker, motivator, and possesses an amazing spirit. Cheron and I had the pleasure of meeting for the Shades of Health Summit which took place November 10, 2018 in Las Vegas, Nevada. As event founder and organizer, I am so glad that we crossed paths and she was able to bless the stage as a panelist. Cheron had the entire audience on their feet, shouting with excitement. If you are seeking a bold, transformational and motivational speaker, coach, and business woman, look no further than Cheron K. Griffin. She is full of golden nuggets, and I am looking forward to working with her again in the very near future.

*-Sharde Edwards,
Founder of Shades of Health Summit*

Cheron Griffin is an inspiring phenomenal woman. When I met her, I was drowning in my own fears and she was the lifeguard on duty. Again, I was sinking in my own fears, not knowing who I was, and afraid of living. She was the lifeguard on duty. After meeting her, I went from sinking to floating and from floating to SWIMMING. If you're ready for a change in your life, there is a lifeguard on duty and her name is Cheron Griffin. This personal development life coach is more than just on duty, she is a friend, a sister, and the most positive charge energy that will catapult you to change.

*-Pastor Shirley Albritton
Shekinah Glory House of Refuge*



GROUP PACKAGE

- Video
 - Teleconference
 - 6 Month Commitment
 - 1 Hour Per Week
 - 24 Hours Total
 - Thursdays
 - Peer to Peer
 - Personal and Business
 - Email Support
 - Freebies
 - Assignments
 - Exclusive Information
 - Recommendations
-



CONTACT

E: info@chernsworld.com

P: 1-844-PLZ-SMLE

P: 346-341-5661

PUBLICITY AND MEDIA

Dr. Edna Sims

E: espapr@mac.com

P: 310-770-8117

ESP Public Relations