

Chere Bork, MS, RDN, LN
Professional Speaker, Certified Executive Wellcoach®, Licensed Nutritionist, Author
www.cherebork.com chere@cherebork.com
6492 Matthew Circle
Eden Prairie, MN 55346
952-937-5697

Employment

July 2000-
Present

Savor Your Life Today, Inc.

Eden Prairie, Minnesota

Founder and President

- Encourage, energize and empower busy RDNs and wellness professionals to identify their dreams, re-focus on their priorities and develop a game plan to live their best life
- Provide individual and group coaching, teleclasses
- Speaker for health care organizations and associations – energy keynotes, breakout sessions and workshops
- Authored 5 Ingredients for Healthy Living newspaper column for Chanhassen and Eden Prairie newspapers 2009 - 2016

December 1997 -
2000

Healthways: Nutrition and Lifestyle Counseling

Eden Prairie, Minnesota

Founder and President

- Provided personalized nutrition and life style counseling tailored to meet clients health concerns
- Provided wellness presentations to corporations and community groups

April 2000 –
Present

Media Spokesperson/Consultant

- National Pork Board, Kraft Foods, Campbell's Soup, Old Home Foods
- Medtronic Foundation, Pfizer, McCormick Health and Wellness, Cherry Marketing Institute
- Atkins, Johnsonville Sausage, Seattle Sutton, Vita Coco, Midwest Dairy, Milk Life, Incredible Egg, Country Crock, Old Home Foods, YoCrunch Yogurt, Qdoba, Nabisco

November 1997 –
February 2003

The Marsh

Minnetonka, Minnesota

Licensed Nutritionist and Life Coach

- Provided individualized nutrition counseling and life coaching to achieve wellness goals; specializing in weight management and athletic nutrition
- Developed and delivered wellness presentations. Cancer Wellness team member.

September 1996
– November 1997

Chanhassen Medical Center

Chanhassen, Minnesota

Medical Nutrition Therapist

- Developed a comprehensive lifestyle/nutrition/wellness program including; weight management, heart disease, diabetes, smoking cessation
- Provided medical nutrition therapy for patients with diabetes, cardiovascular disease, obesity, eating disorders and pregnancy

November 1987 –
September 1996

Ridgeview Medical Center
Waconia, Minnesota

September 1990
– September
1996

Nutrition Specialist

- Created position to provide outpatient diet counseling for 10 clinics
- Coordinated, instructed and nurtured 300 clients enrolled in Learning New Weights: Weight Management Course
- Provided nutrition/wellness presentations to 27,500 students at schools, civic, community and corporate events
- Coordinated the *I Can Cope* cancer program
- Wrote monthly column for Volunteer Vitals Newsletter

November 1997 –
September 1990

Clinical Dietician

- Responsible for nutrition assessment, consultation and instruction of inpatients and outpatients
- Conducted grocery store tours and coaches clinics
- Developed promotional and educational brochures and AV materials

July 1987 –
December 1988

Hennepin County Community Health
Minneapolis, Minnesota

Community Specialist

- Developed, marketed and presented wellness programs to corporations and businesses for the Lifeguard Health Promotion Program
- Developed articles, promotional materials and instructor training manuals

August 1986 –
July 1987

Eau Claire County Center of Care; Spring Valley Municipal Nursing Home
Eau Claire and Spring Valley, Wisconsin

Consultant Dietitian

- Monitored dietary department to meet state and federal regulations
- Conducted nutrition in-services for nursing home personnel

1984 – Present

“Chere Banana”

- Developed the character “Chere Banana” to provide entertaining nutrition presentations to children

August 1984 –
October 1986

Dairy Council of Wisconsin
Eau Claire, Wisconsin

Program Director

- Opened the Eau Claire office and established initial client contacts in 22 counties
- Marketed Dairy Council materials to health professionals, educators and media
- Organized and presented nutrition education workshops, in-services, conferences, and exhibits – focus on osteoporosis and athletic nutrition

September 1983
– May 1985

Luther Hospital
Eau Claire, Wisconsin

Nutrition Consultant

- Developed and instructed an employee weight reduction program
- Co-facilitated “Shape Shop” an interdisciplinary weight management program for children grades 2 through 12

January 1983 –
May 1985

University of Wisconsin – Stout

Menomonie, Wisconsin

Lecturer

- Lectured in Foods and Nutrition Department and Habitational Resources
- Taught meal management, quantity food production, fast food operations and marketing food and nutrition services
- Developed curriculum for graduate level marketing class and fast foods
- Responsible for daily operations and management of two restaurants; Edible express (fast food) and Corner III (cafeteria)

Education and Certifications

Coach Training Programs

Certified Executive Wellcoach®, Wellcoaches®

Wellesley, Massachusetts

Coach University Graduate

Colorado Springs, Colorado

Certified Law of Attraction Facilitator

Victoria, British Columbia

Certified Lifestyle Counselor in Weight Management and Stress Management

American Association of Lifestyle Counselors

Dallas, Texas

Master of Science Degree

Adult Vocational Education/Nutrition

University of Wisconsin - Stout

Menomonie, Wisconsin

Bachelor of Science Degree

Dietetics Biology Minor

University of Wisconsin - Stout

Menomonie, Wisconsin

Professional Associations

2016 – Present International Affiliate of the Academy of Nutrition and Dietetics
2006 –Present National Speaker Association
2004 - 2009 International Coach Federation
2000 – 2010 Minnesota Coach Association
1997 – 2009 American Association of Lifestyle Counselors
1987 – Present Minnesota Dietetic Association
1978 – Present Academy of Nutrition and Dietetics
 Nutrition Entrepreneurs Dietetic Practice Group
2013 – 2015 Chair Elect and Chair
2011 – 2013 Speakers Specialty Chair

2009 – 2011 Coaches Specialty Chair

Community Associations

- 1987 – Present St. Hubert's Church, Chanhassen, Minnesota
- Sunday school teacher
 - Prepare (marriage preparation leader)
 - Parish Ambassador
- 1980 – 2000 Volunteer for the American Heart Association