

Head office:  
ICMI Speakers & Entertainers  
ABN: 42 114 669 224

(PO Box 2311)  
Level 2, 159 High Street  
Prahran, Victoria 3181

Ph: 61 (0)3 9529 3711  
Fax: 61 (0)3 9529 4573  
Toll Free: 1800 334 625  
Email: [icmi@icmi.com.au](mailto:icmi@icmi.com.au)  
Web: [www.icmi.com.au](http://www.icmi.com.au)



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# Sherry Strong

## Australia's Flavourite Speaker

**Chef, nutritionist and food psychologist**

Sherry Strong is an inspirational motivational speaker who entertains audiences as she presents on something we all love, food and how it can empower us to get more out of life!

Sherry offers a refreshing perspective on why and how eating well is so vital to our wellness and motivates audiences to make life changing food choices by showing them how easily it can be done in front of their very eyes.

Combining her expertise as a Chef, the immediate past chair of Nutrition Australia (Vic. division), committee member of Body Image & Health Inc. she brings a unique insight to food & eating.

An accredited speaking member (ASM) and on the Board of National Speakers Association, Sherry presents passionate and charismatic keynote presentations, cooking demonstrations and workshops at conferences as well as on television and radio.

### **FOOD FOR THOUGHT**

The way we eat in developed nations is killing us in a time when science has provided the means to have greater health than ever before. The mainstream diet is a major contributor to most lifestyle diseases as well as zapping precious energy from our busy lives.

Would you like to; be happier, to have more energy, be more productive, take less sick days and become a more positive force in life?

**How do we eat better not just for a week but also for a lifetime?**

Sherry's Foodlovers Workshops ar the answer. Sherry will show you the greatest foods to eat, how to make them taste great and the factors that motivate people the world over to incorporate them into a sustainable eating lifestyle.

Sherry leaves you inspired and motivated to choose, prepare and eat luscious food every day and promises you will love every bite of it!

### **ABOUT SHERRY**

Australia, and especially Melbourne, has been lucky enough to attract some extremely talented and vivacious Chefs, but none more so than Sherry Strong. This Canadian born Australian is not only a great Chef but a dynamic presenter and award winning speaker.

Sherry arrived in Australia ten years ago, and in that time has worked in some of the best restaurants, developed the Food Lover's workshop, and sits on numerous boards. All this from someone who grew up in the culinary equivalent of a gastronomic black hole! While brief working stints with the likes of Charlie Trotter at Trotters and Stephanie Alexander has given Sherry her passion for food, it is her

NSW Office (Crows Nest):  
Ph: (02) 9688 6800  
[diana@icmi.com.au](mailto:diana@icmi.com.au)

NSW Office (Artamon):  
Ph: (02) 9686 7714  
[steve@icmi.com.au](mailto:steve@icmi.com.au)

QLD Office:  
Ph: 1300 663 966  
[gerry@icmi.com.au](mailto:gerry@icmi.com.au)

SA Office:  
Ph: (08) 8377 3400  
[sue@icmi.com.au](mailto:sue@icmi.com.au)

WA Office:  
Ph: (08) 9472 5065  
[corina@icmi.com.au](mailto:corina@icmi.com.au)

TAS Office:  
Ph: (03) 6236 9976  
[paula@icmi.com.au](mailto:paula@icmi.com.au)

research into produce, where it has come from and how it is processed, that makes what Sherry enthuses, so interesting.

The Foodlover's Workshop was designed to demystify and motivate people to make life changing food choices. The focus is on food that feeds the body, including the palate and the soul.

Sherry has appeared regularly on the Denise Show, Morning Shift, as well as What's Cooking, has co-hosted a radio program "Body Talk", presented at the 2001 Melbourne Food & Wine Festival's regional Masterclass, and contributed to Herald Sun's Food & Drink section. Sherry shared the stage with many celebrity chefs at the Good Food Show including Jamie Oliver and Rick Stein. She sits on the board of the National Speaker's Association of Australia and Body Image & Health Inc., chairs the Nutrition Australia foundation (Vic. division). In amongst all this Sherry freelances in the corporate arena both as a Celebrity Chef and a guest speaker. Where does she find the time? We don't know but this is proof of her passion and commitment to food, health and lifestyle.

## PRESENTATIONS

- ◆ **The Ten Traits of Highly Healthy Humans** – Goodbye guilt, Hello Freedom – eating without fear and getting the most out of life!
- ◆ **The Performance Enhancing Diet** – What and how we eat impacts on productivity and performance at work and home. Learn how simple it is to make the choices that will give you the edge in life and taste delicious.
- ◆ **Power In = Power Out** – Learn the foods and the habits that give us energy and how to avoid those that rob us of precious energy.
- ◆ **What is the Recipe for a Successful Life?** – Learn the secrets of a great recipe and the metaphor for how it translates through life, the quality of ingredients you put into life and how you combine them is the recipe Sherry cooks up for you right in front of your eyes.

## CLIENT FEEDBACK

*"Of all the chefs I saw this week through the Melbourne Food & Wine Festival including those at Masterclass, your presentation was the best".*

### **Herald Sun – Food & Drink**

*"I do want to thank you for your wonderful work, it has been a pleasure working with you, both in terms of style and professionalism you demonstrated in your work. It has been lots of fun. Thank you for your humour, compassion and intelligence."*

### **Melbourne Food & Wine Festival**

*"Your professionalism and commitment to providing a first class presentation made our event successful as well as enjoyable. The participants were captivated by your lively, entertaining and motivating session."*

### **Orica**

*"Brilliant session...in your presentation you were most giving in sharing of your personal story, your hints and instructions on good eating, your delicious food samples and the recipes which made for a well rounded presentation that had everyone involved and enjoying the experience.... haven't got over your sensational Canadian 'Call of the Wild' it creates a freedom and space at the start of the presentation that frees up everyone who hears it to leave their inhibitions behind."*

## **Telstra**

*As Australia's Flavourite Speaker and an accomplished chef you wowed our members at a recent breakfast presentation...giving them all the tools to enhance their business and personal lives by adopting, adapting and renewing a new way to eat. It was fantastic. Congratulations on combining your skills as a presenter and Chef to help educate the world to have fun while they eat and to have balance.*

### **What's in the Box Productions, Breakthrough for Breakfasts**

*"Sherry came to present to the Enterprising Women Network...I recommend Sherry as one of the best we have had...everyone thoroughly enjoyed her and they all went away feeling motivated and inspired...I would recommend Sherry Clewlow as an entertaining and informative speaker."*

### **Enterprising Women Network**

*Thank you for the presentation...the ideas you presented were thought provoking and unique, giving the audience a new way to think about food, cooking and eating...as you promised your presentation inspired and motivated...the stories and humour you incorporated into the talk made the audience feel comfortable and receptive to your message...Congratulations on a successful presentation. We would be happy to recommend you to other businesses.*

### **Banylue Community Health Service**

*We have conducted an evaluation of the week and the feed back I have received from your presentation was very positive...congratulations on a wonderful fun presentation...a lot of work has gone into your presentation and as far as we are concerned it was all worth it.*

### **Orica Australia P/L**

*"The overall congress, and in particular your sessions, was very well received by our delegates and this was in no small way due to support, co-operation and involvement of professionals like you."*

### **CPA Australia**

*"Your cooking demonstrations were certainly well received by the visitors to the Taste of Victoria. I know I personally enjoyed your enthusiasm and your entertaining presentations of the recipes you had prepared. I even picked up a few handy hints."*

### **Coles**

*"Sherry provided excellent performances in both roles and had a good understanding of the conference objectives. Sherry was very well presented, enthusiastic and obviously passionate about fresh produce and consumption."*

### **National Potato Business and Marketing Conference 2002**

*"Sherry was extremely well received by the dinner guests as a speaker and chef. The clients she was contracted out to present were pleasantly thrilled by her presentations. Sherry manages to captivate her audience, make them laugh, touch their hearts inform them and leave them with a practical message and tools for improving their quality of life."*

### **Spirit of Hospitality**

*"She made nutrition make sense... Sherry had a great sense of humour and was able to keep the whole audience interested the whole time. I like the fact that she cleared up some of the myths about food. I would recommend her without hesitation."*

### **The Body Shop**