

SHARON GERDES MOTIVATIONAL SPEAKER



SHARON GERDES is a Certified Food Scientist, author, and speaker who consults with major food corporations on product development, nutrition and regulatory issues. For the past fifteen years, Sharon has operated an international consulting firm, and is recognized as an authority on the role of dairy proteins in food and health.

TECHNICAL PRESENTER: Sharon has presented around the globe. Below are examples of presentations made on behalf of Dairy Management Inc. and the U.S. Dairy Export Council:



Beijing, China – “Healthy Snacking with Whey Protein.”

Las Vegas, NV – “Attitudes toward Healthy Aging.”

Boston, MA – “Dairy Ingredients for Satiety.”

Seoul, Korea – “U S Dairy Ingredients in Beverages & Functional Foods”

AUTHOR AND MOTIVATIONAL SPEAKER: Sharon is a postpartum psychosis survivor and serves as Public Relations/Marketing Chair for Postpartum Support International. Her novel, “Back in Six Weeks” is inspired by her true story. She is available to speak to groups on topics including:

“Get Your Life Back in Six Weeks – Positive Changes for a Healthy Mind and Body.”

“Food and Mood – How What You Eat Affects Your Mental Health.”

“A Survivor’s Story – Understanding Perinatal Mental Health”



DYNAMIC KEYNOTE OR BOOK CLUB SPECIAL GUEST

Sharon is available to speak to civic organizations, women’s groups, or industry associations. She would love to connect with your book club via SKYPE or in person. To schedule a presentation email: Sharon@SharonGerdes.com