



CHERYL MILES

THE PERFORMANCE MECHANIC™

Helping leaders and organizations sustain high performance, shine at their best and be ready for inevitable transitions.



**IGNITE
YOUR SPARK**

Think Differently



**SUSTAIN
YOUR FLAME**

Live Differently



**SHINE YOUR
LIGHT**

Lead Differently

For more than 30 years, Cheryl has entertained audiences as a radio personality, TV presenter, pop singer, dancer, actress, theatre performer and fitness instructor. Today, Cheryl helps professionals build sustainable high performance and career longevity. With her shiny disco ball as her “trustworthy tool box”, **The Performance Mechanic™** tunes up their potential backstage, so they don’t just shine in the spotlight, they own it. **The Show Must Go On!** It’s time to rewrite the inner script and refine the role you’ve been playing, so you can continue to take centre stage. Whether you’re navigating midlife or uncertainty in a rapidly evolving workplace, this isn’t the final curtain—it’s the start of your second act. Your encore awaits!

THE STAGE ALWAYS CHANGES. YOUR JOB IS TO OWN THE SPOTLIGHT.

SIGNATURE KEYNOTE

THE SHOW MUST GO ON:

How to Burn Bright without Burning Out

As technology accelerates and workplace expectations evolve, success demands more than technical expertise. Professionals are expected to adapt to constant change, create impact and remain visible in an increasingly competitive world. Through her **Play with FIRE™** framework, Cheryl reveals that there are always two ways to pursue success — one helps you burn bright, the other leads to burn out.

Built on **The Encore Performance Method™**, the framework helps leaders diagnose and strengthen the four essential burners that drive sustainable high performance:



VISION
Define Your Direction



VITALITY
Restore Your Energy



VOICE
Speak With Impact



VISIBILITY
Build Your Authority

WHAT INDUSTRY LEADERS SAY:

“What has always impressed me is Cheryl’s ability to connect with people. She is confident, engaging and full of energy.”

— Dr. Rose Marie Sivam, CEO,
Pantheon Media Pte Ltd

★ WHY CHERYL:

- ✓ Recognised Media Personality
- ✓ 16 years Radio Presenter-Producer
- ✓ 30+ years in Performance & Media
- ✓ Former TV Presenter (CNA)
- ✓ Communication Coach
- ✓ Media Trainer
- ✓ Certified Nutrition Coach (PN-NC1)
- ✓ Perimenopause Advocate
- ✓ Published Cookbook Author
- ✓ Entrepreneur
- ✓ Winner of Talenteum 2001

★ WHAT TO EXPECT:

- ✓ Dynamic Storytelling
- ✓ Audience Interaction
- ✓ Live Performance Elements
- ✓ Live Diagnostics on Burnout Risk
- ✓ Humour & Emotional Moments
- ✓ Thought-Provoking & Transformative

YOUR AUDIENCE WILL:

- ✓ Cultivate Curiosity & Creativity
- ✓ Build Resilience & Career Longevity
- ✓ Clarify Direction & Rewrite Inner Scripts
- ✓ Strengthen Communication & Voice
- ✓ Boost Energy & Optimise Health

IDEAL FOR:

- ✓ Leadership Conferences
- ✓ HR & Leadership Teams
- ✓ Women’s Networks
- ✓ Employee Wellbeing

CORE SPEAKING TOPICS:

- ✓ Midlife Reinvention
- ✓ Perimenopause & Healthy Ageing
- ✓ Burnout & Resilience
- ✓ Communication & Visibility
- ✓ Curiosity & Innovation

THE COST OF BURNOUT:



61% of Singapore employees are experiencing burnout - *Wellness at Work 2024*



\$15.7 BILLION lost annually by Singapore businesses due to poor mental health. - *Deloitte 2022*



MORE THAN 4 IN 10 employees would leave their jobs for better work-life balance. - *Employer Brand Research, Randstad 2026*



45-60 MIN KEYNOTE +
OPTIONAL WORKSHOP



WORKSHOPS | LUNCH & LEARNS
| FIRESIDE CHATS | PANEL DISCUSSIONS
| PODCAST & MEDIA INTERVIEWS



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KEYNOTE ENGAGEMENTS

THE SHOW MUST GO ON! LET’S CREATE YOUR EVENT TOGETHER.



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