

Professional Experience of Bob Czimbab

Since 1970, Bob Czimbab has given dynamic presentations to international conferences, corporations, small businesses, universities, hospitals, government agencies and schools. His professional career includes work as a Sociologist, Community Planner and founder of the Cherry Grove Retreat Center. Currently he is the director of The Abundance Company.

Bob delivers a universal, lighthearted message about success, health and happiness. His presentation style is blend of information, stories, skill-building activities, group discussions, interactive exercises and action plans.

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| 2005 | Author of <u>Kindred Spirits: The Quest for Love & Friendship</u> |
| 2004 | Presenter of Effective Communication |
| 2003 | Presenter of Integrity, Ethics & Virtues |
| 2002 | Presenter of The Adventures of Saturn Man |
| 2001 | Presenter of Energy Management |
| 2000 | Presenter of Abundance |
| 1999 | Author of <u>The Birthday Appreciation Kit</u> |
| 1998 | Director of The Abundance Company |
| 1997 | Presenter of Keep Your Customers Happy! |
| 1996 | Director of Skills for Success |
| 1995 | Presenter of Good Mornings! Sleep Education Program |
| 1994 | Mentor for Pathways, an out placement firm |
| 1993 | Presenter of "Laughing at Life" |
| 1992 | Author of <u>Stress Survival Kit</u> |
| 1991 | Author of <u>A Guide To Healthy Touch: Vitamin T</u> |
| 1990 | Formed Open Book Publishing |
| 1989 | Founder and Director of the Institute for Self-Esteem |
| 1988 | Author of the <u>Low Fat Grocery Kit</u> |
| 1984 | Coordinator for the AHA worksite "Heart at Work" |
| 1983 | Author of <u>The F.I.T.ness Game: Everybody Plays, Everybody Wins!</u> |
| 1983 | Challenge Course Instructor/Facilitator: team-building |
| 1982 | Board of Directors, Common Ground: A Center for Wellness |
| 1982 | Author of <u>Wellness for Life</u> , a wellness evaluation and plan |
| 1981 | Wellness Counselor, Laurelhurst Clinic, Portland, OR |
| 1981 | Director of HEALTHWORKS, a consulting company |
| 1980 | Mental health specialist and consultant for Washington County |
| 1978 | VISTA volunteer - Homesteading Instructor |
| 1975-79 | Founder and Director of Cherry Grove Retreat Center |
| 1974-05 | Counselor in private practice On the Path |
| 1972-82 | Exercise instructor |
| 1971-72 | Community planner for Walnut Hills Neighborhood Association, |
| 1970-71 | Housing Specialist for Victory Neighborhood Service Agency, |

Educational Experience

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| 1966-70 | University of Cincinnati BS. in Sociology |
| 1971-72 | University of Cincinnati, Graduate School of Community Planning |
| 1972-06 | Independent study |

Abundance Company

Bob Czimbab

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