

Shereck accepted into speakers association

Shane Shereck was recently accepted into the National Speakers Association (NSA) after meeting strict and crucial criteria.

Shereck, who was born and raised in Grafton, is a safety professional and motivational/inspirational speaker with 20 years of combined experience in safety and supervisory positions. His last 15 years have been spent in safety at an internationally known manufacturing company. Throughout the 15 years, Shereck has played a significant role in helping the company achieve OSHA's highest award in safety, Voluntary Protection Program (VPP STAR). He also received an award for "Outstanding Safety Instructor in North Dakota" from the North Dakota Safety Council in 2011.

He was diagnosed with severe anxiety and obsessive compulsive disorder (OCD) at the age of 19. Through his speaking, Shereck shares his story of his first steps to recovery from anxiety and OCD, the struggles he endured and how he has transformed into the successful man



Shane Shereck

he is today.

In 1995, Shereck's mother was diagnosed with breast cancer and in 2001 cancer of the abdomen. She is a survivor today. In 2006, he lost his father to cancer. It was at this point in his life his passion to help others really took off.

"Nobody has a perfect life, everybody has problems and issues," Shereck said. "What you need to do is figure out how to deal with your own and find what will work for you. Once I figured out some things, I was

ready to move on to the next chapter in my life."

"One thing I see so much of in my travels is angry people, so many of them dwelling on the past and thinking that life has dealt them a bad hand," Shereck added. "My goal is to help those folks, motivate, inspire, encourage and serve them. I always tell people that someone somewhere has it worse. I want to take my true life experiences and help other people."

Shereck's expertise in workplace safety and training, personal stories of his OCD and recovery, dealing with cancer in the family and his humor have captivated his audiences at workplaces, churches, schools and sports events. His speaking topics include workplace safety, OCD, cancer within the family and *Sharks and Dolphins: An Optimistic Outlook on Life*.

NSA is the leading organization for professional speakers. Since 1973, NSA has provided resources and education to advance the skills, integrity and value of its members and the speaking profession.