

SHASTA NELSON

BIO

Shasta Nelson is a keynote speaker, author, and leading expert on friendship. Frequently featured in the media as the go-to resource on healthy relationships, Shasta has been interviewed live on several television shows including Katie Couric's *Katie*, *Fox Business*, *The Early Show*, and *The Today Show*. She has been quoted in numerous magazines and newspapers such as *The New York Times*, *Washington Post*, *Redbook*, *Chicago Tribune*, *Woman's World*, *Women's Health*, *Real Simple*, and *Marie Claire UK*. She was selected by Facebook to be their media spokesperson and friendship expert for Friends Day 2018.

Shasta's spirited and soulful voice for strong relationships can be found in her books, *Frientimacy: How to Deepen Friendships for Lifelong Health and Happiness* and *Friendships Don't Just Happen! The Guide to Creating a Meaningful Circle of Girlfriends*.

Her next book *The Business of Friendship: Making the Most of the Relationships Where We Spend Most of Our Time* will be published by HarperCollins Leadership.

Shasta delivers corporate programs all over the world, teaching the *Three Relationship Requirements* for healthy teams, leadership, customer service, marketing, and personal development.

Combining her B.A. in communications and her M.Div. in personal growth, Shasta's voice is strong, direct, friendly, hopeful, and focused on being healthy and whole.

She is the Founder of GirlFriendCircles.com, a global online community that introduces women to new friends and inspires better friendships. This tribe of thousands of women is committed to creating more friendship in this world and they engage daily and weekly in the community.

A member of the National Speakers Association, Shasta was also selected as a featured TEDx speaker in 2017. The video of that presentation has resulted in hundreds of thousands of YouTube views and continues to climb steadily every day.



MICHELLE JOYCE

— SPEAKERS —

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