

SHASTA NELSON

INTRODUCTION

(to be read by the person introducing Shasta at your event)

Our speaker today is a friendship expert whose programs teach how to create healthier, more fulfilling relationships in our lives.

She is frequently featured in the media as a go-to resource on healthy relationships – and has been interviewed live on several television shows including Katie Couric's *Katie*, *Fox Business*, *The Early Show*, and *The Today Show*.

In 2018, Facebook asked her to be their media spokesperson and friendship expert for Friends Day.

She is the author of two books – and is always happy to sign copies for you!

From San Francisco, California...

Please help me welcome... **Shasta Nelson!**