SHASTA NELSON

Leading expert on friendship and healthy relationships, creator of a global community, keynote speaker, author of several books, and popular media resource

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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*. Shasta was selected by Facebook to be their media spokesperson and friendship expert for Friends Day 2018.

Shasta delivers corporate programs all over the world, teaching the *Three Relationship Requirements* for healthy teams, leadership, customer service, marketing, and personal development. Her spirited and soulful voice for strong relationships can also be found in each of her books.

MICHELLE JOYCE
SPEAKERS

SHASTA NELSON

Frientimacy: The Three Requirements of Healthy Relationships

Relationships are central to everything we do. And although the world may seem hyper-connected these days, mental and physical experts report we're actually in a loneliness epidemic. For most of us, our loneliness isn't from lack of interaction, but from lack of friendship intimacy, or frientimacy.

This signature talk by Shasta Nelson reveals research around three important requirements for every healthy relationship.

Compiling what we know about what bonds people, how healthy teams work, what builds trust, and why we feel closer to some people, there are three non-negotiables that can start, deepen, and repair any relationship. Each audience will learn how to best assess their relationships, and learn what actions they can to take to overcome their loneliness and create more meaningful community in their lives.

As a result of this program, attendees will:
- Describe the three requirements of relationships
- Assess their own relational health (whether with their team or in their personal life)
- Identify which of the three factors would make the biggest difference to their relational joy
- Learn what they can do to improve every relationship in their life
- Feel inspired to look at their relationships in a whole new way

"Shasta captivated the room and was able to shift her program to fit perfectly with the audience. She was fun, organized, inspiring and energetic. My organization does events every week and Shasta's was hands down one of the very best."

~ CHRISTINE BRONSTEIN, FOUNDER
A BAND OF WIVES

For booking information:
Jennifer Lier
Jennifer@MichelleJoyce.com
818-472-9231

SHASTA NELSON

The Business of Relationships: Developing Healthy and Happy Employees

Did you know that employees who have meaningful relationships at work are seven times more likely to be engaged in their job, treat customers better, take fewer sick days, have fewer workplace accidents, share their opinions and collaborate more, and feel more committed to their current company?

Creating an environment where friendships are encouraged and nurtured benefits both the company and the employee.

Meaningful friendships at work are effective solutions for employee retention, increased engagement, customer service, and increased revenue. Employees who have friendships at work (where they spend more time than any other place) show an increase in good health and overall happiness in all aspects of their lives.

This fun and interactive presentation teaches the best ways to build a culture of friendliness in appropriate, effective, and healthy ways.

Customized for each audience, attendees will:
• Discover the latest research on how relationships at work impact employee engagement and retention
• Identify the three requirements of all healthy relationships and how they work together in our organizations
• Decide which of the three requirements would make the biggest positive difference in your organizational culture

"I will say 100 times over that Shasta's enthusiasm, passion, and effervescent personality was such a blessing to engage the largest crowd we've ever hosted for our international leadership training."

~ KATIE BRYDON, DIRECTOR OF PROGRAMS
BEST BUDDIES INTERNATIONAL

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SHASTA NELSON

Relationships: The Health Factor More Important than Treadmills and Kale

Feeling disconnected is as damaging to our health as smoking 15 cigarettes a day; twice as harmful as being obese; and is the equivalent of being a lifelong alcoholic.

Research continues to show that the most significant factor to our longevity, mental health, disease prevention, and happiness is our relationships – and yet the health industry continues to focus largely on diet and exercise.

This inspiring keynote will energize the audience with research, stories, and Shasta Nelson's groundbreaking work on how to increase the depth in all our relationships.

As a result of this program, attendees will:
• Learn what science is showing us about the damage of loneliness and the benefit of relational health
• Identify what constitutes as loneliness and why all of us should be concerned
• Acknowledge their own need for greater relational health
• Identify the three requirements of all healthy relationships and how they work together
• Choose the requirement that will make the biggest difference in their personal life

"If you are looking for someone who is well worth the investment and brings a tremendous amount of energy and passion to her craft- Shasta is it! Shasta made our event what is was: an overwhelming success. Her content, knowledge and life experience is something everyone benefited from and moved many to action. I hope to have the opportunity to work with her again in the future!

~SETH CONLEY, CORPORATE PLANNER
PARAGON MANAGEMENT

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