



# SHASTA NELSON

Shasta Nelson is a keynote speaker, author, and leading expert on friendship and healthy relationships at work.

Filled with scientific data, real-world research, and fascinating case studies, Shasta's programs reveal how healthy relationships at work directly impact employee engagement, team culture, sales, recruiting, and retention.

Her third book *The Business of Friendship: Making the Most of the Relationships Where We Spend Most of Our Time* will be released by HarperCollins Leadership this fall.

**CLICK HERE FOR:**

[Shasta's Website](#)  
[Sizzle Reel](#)

***As a result of COVID-19, Shasta is now training, inspiring, and facilitating connection virtually. These programs are designed for virtual team meetings, rather than large events, to foster better relationships and positivity for employees and leaders working remotely.***

## WELLBEING

### **Apart, But Not Alone: How to Feel Supported and Connected While Working from Home**

It's one thing to figure out the digital infrastructure needed to maintain communication and productivity, but it's quite another thing to maximize interactions in a way that leaves everyone feeling seen and supported.

Just because you might have to work apart, doesn't mean you have to feel alone.

In this virtual program, designed for corporate teams working remotely, relationship expert Shasta Nelson teaches attendees what it takes to feel supported and connected, while facilitating meaningful interactions that increase resiliency, hope, and compassion.

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

As a result of this program, virtual attendees will:

- Learn why it's so important to physical and emotional health to be intentional about relationships right now
- Identify the three requirements of all healthy relationships and how they work together
- Choose the take-away action they believe will make the biggest difference to their relationships
- Interact and share with each other in ways that leave them feeling closer
- Feel seen and validated for their unique sense of loneliness or disconnection
- Feel excited, hopeful, and energized

*Additionally, all participants will receive a mini toolkit with tips for practicing better connection after the workshop!*

## LEADERSHIP

### **Creating Connection: How to Foster Community for Your People Working at Home**

Research shows 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. With new work-from-home mandates in place for your team, how do you keep your team feeling connected, not just to you, but also to each other? How do you make sure that your team isn't only productive, but also feeling supported and seen? How do you keep your people feeling like they belong on a team in a meaningful way?

It's one thing to figure out the digital infrastructure needed to maintain communication and productivity, but it's quite another thing to maximize interactions in a way that leaves everyone feeling seen and supported.

In this virtual program, designed for business leaders who are overseeing employees working remotely, relationship expert Shasta Nelson inspires and teaches team leaders how to create a sense of belonging when distance separates us.

This inspiring and interactive program will energize the audience with research, stories, and Shasta's groundbreaking work on how to increase the depth in your relationships.

As a result of this program, virtual attendees will:

- Learn why paying attention to the bonds of your team is vital to the success of missions and outcomes
- Identify the three requirements of all healthy relationships and how they work together
- Assess which of the Three Requirements will have the biggest impact on your team
- Feel inspired with lists of ideas and real-time strategizing
- Choose the take-away action that will make the most meaningful difference to your teams

*Additionally all participants will receive a mini toolkit with tips for facilitating better connection after the workshop!*

For booking information, please contact Michelle Joyce at  
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