

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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All of Shasta's programs are customized and personalized for each audience, and can be delivered in-person or virtually for your next event.

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. She also teaches strategies for the healthiest friendships, contributing to individual happiness and well-being.

Frequently featured in the media as a popular resource on healthy relationships and the increasing epidemic of loneliness, Shasta has been interviewed live on several television shows and featured in countless national magazines and prominent newspapers.

Her newest book *The Business of Friendship: Making the Most of the Relationships Where We Spend Most of Our Time* teaches how to foster an environment where friendships are encouraged and nurtured, which benefits both the company and the employee.

Frntimacy: 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 frntimacy.

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 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
- 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:
Michelle Joyce
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The Business of Friendship: Making the Most of Our Relationships Where We Spend Most of Our Time

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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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 it 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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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
- 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

All participants receive a mini toolkit with tips for practicing better connection after the workshop!

"Shasta was amazing to work with as we transitioned our live, in-person event to a virtual one for the first time! Her message was exactly what our organization needed to hear at this time... being a healthcare professional during the pandemic!"

~ALEXIS MARANO
ADVENTHEALTH

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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?

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 requirements will have the biggest impact on your team
- Choose the take-away action that will make the most meaningful difference to your teams

All participants receive a mini toolkit with tips for facilitating better connection after the workshop!



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