



SHASTA NELSON

LEADING EXPERT ON FRIENDSHIP AND HEALTHY RELATIONSHIPS,
CREATOR OF A GLOBAL COMMUNITY, KEYNOTE SPEAKER,
AUTHOR OF SEVERAL BOOKS, AND POPULAR MEDIA RESOURCE

IMPORTANT LINKS

CLICK the links below for:
[On-Stage Preview Video](#)
[Virtual Preview Video](#)
[Speaker Website](#)

AREAS OF IMPACT

Healthy Relationships
Employee Engagement
Corporate Culture
Leadership
Health / Wellness

BOOK SHASTA

Please contact
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MEET SHASTA



Shasta Nelson is a keynote speaker, author, and leading expert on the science of connected leadership and healthy relationships at work. Filled with scientific data, real-world research, and fascinating case studies, Shasta's programs reveal how positive 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.

**FOR BOOKING INFORMATION
PLEASE CONTACT MICHELLE JOYCE**

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☎ 704-965-2339



TESTIMONIALS



"Shasta has a gift. She has an amazing spirit and was able to captivate an audience of over 120 people for an entire day. I was so moved emotionally, and I feel that we all became slightly better versions of ourselves after hearing her talk. Treating people with respect, compassion, and kindness are so critically important to us as an organization."

– TARAH FRAWLEY, VICE PRESIDENT, CREATIVE FINANCIAL STAFFING

"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

"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

"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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POPULAR PROGRAMS

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





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.

As a result of this program, 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

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THE RESILIENT WORKPLACE

How to Create a Supportive Culture

Fostering resiliency, whether working in person or remotely, is one of the most significant issues for workplaces today. While companies want to protect their people from burnout, stress, mental exhaustion, and isolation, current research reveals the majority of employees feel they lack the resilience they need in order to keep showing up with energy and positive attitudes.

Workplace resilience is an organizational issue that rests on relationships: how we feel supported and cared for by our leaders and co-workers. We can't tell people to be more resilient without teaching them how to develop healthier and more positive relationships in their workplaces.

Shasta Nelson, relationship expert and author of *The Business of Friendship: Making the Most of the Relationships Where We Spend Most of Our Time*, combines science, story, and real-life application to inspire more meaningful connections at work, creating an organizational culture that thrives.

As a result of this program, attendees will:

- Understand why their relationships at home and work are crucial to their wellbeing
- Learn what three actions foster more meaningful relationships
- Identify what they can personally do to feel more supported
- Walk away feeling hopeful, connected, and empowered



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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



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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

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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



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