

Shelley combines the latest academic wisdom with two decades in corporate communications, to help leaders combat loneliness at work, and support the social wellbeing of their teams.

Through mind-shifting talks and workshops, Shelley helps audiences unlock the power of authentic connection, so they can feel a sense of belonging at work and in their everyday lives.

Shelley holds a BA in Public Relations and is pursuing a Social Sciences MA at Royal Roads University.



Connection Alchemist

Communiverse

Speaker | Facilitator | Podcaster

2024 OFFERINGS

## 6-Steps to Unlock the Power of Authentic Connection: at Work and Everyday Life

Keynote (45–60 mins) Workshop (90 mins)

## Lonely at the Top

Leadership Circles (90 mins) Executive Retreats (5 hours)

AS SEEN IN











## **THEMES**

- The science of connection
- Overcoming obstacles: moving beyond the small talk to authentically connect.
- Strategies to nurture relationships in work and everyday life.
- Embracing social media to enhance (and not replace) meaningful connection.

## WHAT TO EXPECT

- A research-backed talk, workshop, or circle, that includes practical tools and strategies to nurture authentic connection.
- Authentic Relating exercises to practice and embed these strategies.





"I've known and admired Shelley for a couple of decades now. I've followed Shelley's career and journey and always kept a close eye on what she would take by the horns and run with. Whatever Shelley has done has always been something to watch closely. But never more so than her new training and coaching program."

Jessica Harrison-Bolton

Creative Director IBM



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Get in Touch!

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