

Elevate Lifelong and Academic Success through Resilience, Empowerment, and Emotional Well-being.



Shelly Sood

*Author, Speaker, Purpose Coach,
Entrepreneur, Mental Health Advocate*

Shelly Sood, a healthcare entrepreneur, blends business expertise with a humanitarian mission. Her journey began when her husband's undiagnosed mental illness led to devastating emotional, financial, and mental turmoil. This experience sparked her mission to save him and their family. She then launched a successful healthcare company, aiming to diminish others' pain. Through her upcoming self-help books, memoirs, her husband's podcast and more, Shelly aspires to positively impact millions worldwide. Her story embodies resilience and personal growth, offering timeless wisdom to enrich lives, encourage personal development, and inspire academic success by helping others untether their lives to reach their greatest potential.

Shelly Sood is dedicated to empowering students and educational systems by creating tools and methods that foster peace of mind and personal achievement. With over 20 years of professional experience and two decades of personal insight into mental health, Shelly is a compelling speaker choice for college campuses. Look out for her upcoming memoirs on her life journey and self-help books on mindfulness, and somatic healing.



of students experience a mental health crisis during college

Health and Wellness | Women's Month | Student Orientation Keynotes | Assemblies | Workshops

Topics Include:

- **Improve Student Retention:** Addressing Students' Emotional and Mental Well-Being Will Increase Their Motivation to Stay the Course
- **Elevate Mental Strength:** Never Again Be Emotionally or Mentally Hijacked by the Actions of Others
- **Key Elements to Healthy Relationships:** Recognizing the Warning Signs
- **Stand Strong:** Building Resilience and Coping with Bullies
- **Student Orientation:** Finding Clarity in a Noisy World
- **Simple Techniques for Busy Students to Increase Academic Success:** Manage Emotions, Reduce Stress, and Improve Happiness
- **Unlocking Self-Love:** Your Journey to Understanding and Embracing Self Worth & Self Identity
- **The Shelly Story:** From Surviving to Thriving: Triumph Over Tragedy

Availability

Globally by arrangement. Based out of San Diego, California



As Featured In

Psychology Today