



Effectively Address Mental and Emotional Wellness for Optimum Outcomes

59%

of the US population suffers from some form of a mental health issue.

Live and Virtual Keynotes | Lunch & Learns | Workshops | Podcasts | Webinars

Shelly Sood

Author, Entrepreneur, Speaker

Shelly Sood had the picture-perfect marriage and family when disaster struck, and her husband's undiagnosed bipolar disorder completely derailed and threatened to destroy her life. Instead of backing down and giving up, Shelly fought to restore what was lost, and to reclaim her husband's life. Her journey from tragedy to triumph led her to launch a career in healthcare through her company (GIOSTAR Chicago - Global Institute of Stem Cell Therapy and Research), write a book, and launch a **podcast** to help thousands of people find the pathway to mental health and overall wellness.



Working title and sample book cover

Shelly Sood has a heart for students, and understands the challenges they face. She's designed tools and methods to help them achieve peace of mind, and forge a path to personal achievement. Shelly has more than 20 years of professional experience, and 2 decades of personal experience with mental health. She's an engaging speaker/presenter for any campus. Shelly's book – **Untethered: Shattering the Mask of Bipolar Disorder** – will be available in 2023.

Topics Include:

- **The Shelly Story** - From Surviving to Thriving; Triumph Over Tragedy
- **Does Your Employee Have a Mental Health Issue?** How to Best Approach and Support
- **Stress Management Tools** to Address Mental and Emotional Wellness
- **Key Tips** on Balancing Business, Personal Relationships, and Daily Life
- **Conquer Mental Health Struggles.** Daily Tips to Effectively Manage Your Mental Health.
- **Steps to Untether Your Life** After a Traumatic Experience
- **Managing Your Mental Health Effectively** – From Surviving to Thriving
- **Break the Barriers** of Mental Illness in Asian Culture

Availability

Globally by arrangement. Based out of Glenview, Illinois; 30 minutes north of Chicago



As Featured In

Psychology Today