Increase Your Student Retention Through Improved Emotional and Mental Well-Being

73% *of students experience a mental health crisis during college*

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.

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

- **Student Orientation:** Start Out Right! Tap Into Quiet to Effectively Filter the Noise and Center Your Thoughts

- **The Shelly Story:** From Surviving to Thriving: Triumph Over Tragedy

Availability

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

THE SHELLY STORY
UNTETHER YOUR LIFE

GIOSTAR CHICAGO

As Featured In
Psychology Today