



Cultivating the Mind Body Connection to Untether Your Life and Reach Unlimited Potential



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, 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.

Topics Include:

- **Steps to Untether Your Life** After a Traumatic Experience. Turn Pain into Power
- **Key Tips and Simple Techniques for Busy People** to Manage Emotions, Reduce Stress, and Improve Happiness
- **Empowering Yourself and Others to Own Their Health**
- **Leveraging our "Inner Pharmacy" to Promote Wellness**
- **The Mind Body Connection:** Tips on Achieving Whole Health
- **The Power of the Breath to Heal** the Whole Self
- **A Look at Generational Trauma** Amongst Asian Cultures
- **Key Tools on Balancing** Business, Personal Relationships, and Daily Life

Availability

Globally by arrangement. Based out of San Diego, California



THE SHELLY STORY
UNTETHER YOUR LIFE



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As Featured In

Psychology Today



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