

# SHELBY FREDERICK

AUTHOR | COACH | STRATEGIST | TRAINER | EQUIPPER  
HOLISTIC LIFE PRACTITIONER



## TESTIMONIALS

*"The instructor was highly effective in creating an environment that was conducive for learning. The teaching was direct and on point."*

*"Awesome job! Kept my attention the whole time she was teaching!."*

*"This teaching was wonderful and excellent! I would definitely recommend her to other churches too!"*

*"As a past participant I can attest that this works. I was skeptical at first, but once I released my doubts, my emotions began to shift in the area that I struggled in."*

*#itworksifyouletit #AromaFreedomTechnique*



## BIO

Shelby Frederick, who her social media followers affectionately know as "Lady Jewels" is an emerging leader whose unique communication style bridges generational gaps to convey kingdom principles for successful living.

Her vision as a Holistic Life Practitioner is to equip women and youth with holistic strategies, inspiring them to take personal responsibility for their eight dimensions of wellness as they positively impact their spheres of influence. With over fifteen years of experience as a Licensed Massage Therapist, her extensive knowledge and training allow her to educate the public on the various forms of healing holistically. As a Certified Instructor with the Institute of Faith-Based Therapy and Northeastern College of Theology, she equips the Body of Christ for the work of the ministry in Faith-Based Therapy, Biblical Studies and Theology. Other certifications include: Certified Faith-Based Clinical Counselor, Certified Purpose Development Coach, and Certified Aroma Freedom Technique Practitioner. Shelby is the founder and owner of Healing Oasis/Jewels of Wellness and War Warriors Equipping Center. She currently resides in Reynoldsburg, Ohio, with George is the mother of two adult children, Taylor and Tyler Frederick.

## SIGNATURE TOPICS

### Purpose A.L.I.V.E. Coaching Clinics

A.L.I.V.E. : Activate | Lively | Invigorate | Vital | Exuberant

Designed to unlock the secrets of purpose and help individuals turn it into their most valuable resource by identifying dysfunctions in communications and providing solutions to rewrite the code of purpose for maximum impact using your "Invisible Gold".

- Presentation topics include:
  - Collaboration in the Workplace
  - Effective Communication in the Workplace
  - Leading Through Change
  - REBOOT: Professional Development Wellness
    - Skills Focus: Mindset Reset in leadership shifts, Team Building, Leading from wisdom, and Professionalism

### Holistic Leadership Development

Holistic Leadership Development's four pillars: Identity, Position, Purpose & Significance, focuses on the development of the whole person, including their physical, mental, emotional, and spiritual well-being helping your leaders develop the skills, knowledge, and mindset needed to be effective in their roles based on their purpose design.

### Assessment of Gifts and Personality Training

Motivational Assessment of Personality (MAP) & Soul Analysis of Personality (SAP)  
This team building training assesses the soul dominance and predominate motivational gift(s) to help team members understand how the soul influences their motivational gift(s), teaching them how to work well with others. Participants understand their strengths, weaknesses, needs, and behavior tendencies.

### Shelby's Other Top Speaking Topics & Workshops:

- Mental/Emotional Health Awareness
- 7 Wisdom Keys of Soul Care
- Soul Construction: Disrupting Emotional Dysfunctional
- The Wisdom of Wellness
- The DNA of Prayer and Intercession
- New Covenant Worship

## BOOKING INFORMATION

90 Minute Workshop - \$400

Keynote Address - \$400

Half Day Seminar (up to 3 hours) - \$800

Full Day Seminar (up to 6 hours) - \$1600

For detailed information on Shelby's presentation topics or to book a customized presentation for your next event, please contact us at:

Phone: 614.434.8047

Email: [info@jewelsofwellness.com](mailto:info@jewelsofwellness.com)

On the web: [jewelsofwellness.net](http://jewelsofwellness.net)

Engage with Shelby below!

