

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



BOOKING INFORMATION

90 Minute Workshop - \$1,000

Keynote Address - \$2,000

Half Day Seminar (up to 3 hours) - \$3,000

Full Day Seminar (up to 6 hours) - \$6,000

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

On the web: jewelsofwellness.net

Engage with Shelby below!



BIO

Shelby Frederick, also known as "Lady Jewels", is an accomplished author, coach, and holistic life practitioner with a deep passion for empowering women through holistic wellness strategies. With over sixteen years as a Licensed Massage Therapist and a rich background in various holistic healing modalities, Shelby is dedicated to educating others on the benefits of a well-rounded approach to health. Her dynamic communication skills have made her a bridge across generations, offering practical advice for thriving in life.

As a Certified Instructor and Professor with over a decade of experience at the International Institute of Faith-Based Counseling and the Northeastern College of Theology in North Carolina, she blends her academic prowess with spiritual insights to foster personal growth and responsibility across the eight dimensions of wellness. In December 2023, she enhanced her qualifications with a Master of Theology degree. Shelby also founded the War Room Warriors Equipping Center, an apostolic hub dedicated to training believers for the work of the ministry.

Shelby's multifaceted expertise and commitment to fostering spiritual, emotional, and physical well-being have established her as a respected authority in her field, impacting lives through her teachings, books, and holistic life practices.

My trainings offer a unique blend of mental health expertise and purpose-driven coaching, designed to empower individuals and organizations. These engaging topics range from innovative mental health strategies to holistic leadership development, tailored to instill practical wisdom and transformative insights.

SIGNATURE TOPICS

- Transformative Mental Health Coaching and Counseling
- Purpose-Driven Leadership and Team Building Strategies
- Tailored Insights for Personal and Organizational Growth
- Kingdom Discipleship in Prayer, Worship, and The Word

SIGNATURE PROGRAMS

- Purpose A.L.I.V.E. Coaching Clinics
- REBOOT: Professional Development Wellness
- Healing H.E.A.R.T.S. Wellness Encounter
- The G.R.O.W. Encounter
- Holistic Leadership Development
- Soul Construction: Disrupting Emotional Dysfunction
- Prophetic Dynamics
- The Blueprint of Prayer