

SHELBY FREDERICK

Equipping Leaders & Organizations to Thrive with Spirit-Led Strategies for Wellness, Leadership, and Purpose



Helping faith-forward leaders, teams, and communities transform from overwhelm to sustainable, spirit-led momentum.

MEET SHELBY

Shelby Frederick, known as “Lady Jewels,” is a purpose-driven coach and holistic life practitioner who empowers leaders, women, and organizations to thrive in every dimension of wellness. She blends faith, mental health expertise, and practical strategy to create transformational learning experiences.

BOOKING INFORMATION

Speaking Formats:

Keynote • Workshop • Seminar • Retreat
• Virtual or In-Person

Investment:

Contact for customized rates and packages.

Bring Shelby to Your Event

Equip your audience with transformative, faith-based strategies for leadership, wellness, and personal growth and watch them leave inspired, equipped, and ready to act.

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BIO

Shelby Frederick is an accomplished author, coach, and holistic life practitioner with over sixteen years as a Licensed Massage Therapist and a background in multiple holistic healing modalities. As a Certified Instructor and Professor at the International Institute of Faith-Based Counseling and Northeastern College of Theology, she integrates academic insight with spiritual wisdom to develop resilient, purpose-driven leaders.

In June 2025, she earned her Doctor of Theology and continues to lead as founder of the War Room Warriors Equipping Center, training believers for impactful ministry. Shelby's sessions combine storytelling, scripture, and actionable tools to deliver immediate value and lasting change.

SIGNATURE TOPICS

- Transformative Mental Health Coaching & Counseling — Shift from burnout to balance with practical tools for resilience and clarity.
- Purpose-Driven Leadership & Team Building Strategies — Build spiritually grounded, high-impact teams that work in unity toward shared goals.
- Tailored Insights for Personal & Organizational Growth — Get custom strategies to address your unique challenges and opportunities.
- Kingdom Discipleship in Prayer, Worship, & The Word — Ignite spiritual passion and practical faith action that drives transformation.

Best For: Leadership retreats, women's conferences, corporate ERGs, faith-based summits, nonprofit leadership training.

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

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."

