



# Shawnté Elbert

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*“Shawnté is a breath of fresh air. She has a powerful perspective that is reflective of the modern day workplace. She relates to everyone!”*

- Presentation Attendee -



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## Speaking Topics

### Human Resources

- “Eight Dimensions of Wellness for Success Building”
- “Infusing Wellness into Office Culture”
- “Leading without the Title”
- “Recruiting and Retaining Professionals of Color in Health Promotion”

### Health & Wellness

- “8 Dimensions of Wellness - How "WELL" Are You? Being F.I.Y.T. (Fearlessly Inspiring Yourself to Thrive)”
- “The Role of Mentoring for Student Success”
- “Tobacco Cessation in College Health”
- “Risk Management for Multicultural and Black Greeks”
- “Surviving to Thriving: Increasing Emotional Wellness for Dynamic Leadership”
- “Stress and Time Management”

### Leadership

- “Recruitment and Retention in NPHC & Multicultural Greek Organizations”
- “The Benefits of Mentoring and Networking”
- “Competency and Diversity: Recruiting and Retaining Students of Color to Health Promotion Programming and Peer Education”
- “Contributing to the field: Creating Internship Opportunities for Bachelor & Graduate” Students in Health Fields (Health Promotion/Administration)
- “Getting What You Want ” Developing Personal and Professional Relationships”

## Bio

Shawnté’s wellness experience includes over a decade of educating and teaching at institutions of higher education. She is a well known educator, facilitating, and presenting for several local/regional colleges and universities, non-profits, churches and workplace agencies. She has worked to ensure her surrounding community has the skills and education needed to thrive since 2001. She has mentored and trained many health and wellness professionals over the years, an area truly important to her.

*Engage, Empower, Inspire*



**SISTER  
W.E.L.L.S**  
WELLNESS ENRICHING LIVES AND LEADERS  
EMPOWERING THE INDIVIDUAL.  
TRANSFORMING THE EXPERIENCE TO WELLNESS

## Offerings

1 hour workshop

Keynote address

Half day seminar

Full day seminar

1 hour Workshop/Training

Panel/Roundtable Discussion