



# Shelah MARIE



INVITE SHELAH TO SPEAK AT YOUR NEXT FESTIVAL,  
ORGANIZATION, OR CONSCIOUS CORPORATION EVENT

With her authentic, rebellious and playful personality and her @curvycurlyconscious movement, Shelah Marie engages an online community of over a quarter million people. **Her mission is to create a movement of total self-love and liberation for women of color.**

She's the creator of the *Curvy, Curly, Conscious* movement, where "self help" meets "real talk" and has been featured in NBC, Fox5, Luxe Radar, Black Girl In Om, and Live Civil by Karen Civil among others. Through her platform, she has hosted signature *Curvy, Curly, Conscious* sold-out events and retreats across the US, Canada and Jamaica. Prior to *Curvy, Curly, Conscious*, Shelah led her signature workshop named *The Sustainable Theater Workshop* to entities such as The United Nations, The United States Embassy in Dakar, Senegal, The RuJohn Foundation, and The African Burial Ground National Monument.



*"The energy I carry today is so much lighter than the heaviness of fear, anxiety, doubt, and worry I carried before the event. I feel relieved and so accepting of my own thoughts and desires now. I feel that I can change the way I think and in exchange change the little world around me. Thank you, Shelah"*

ASHLEY JOHNSON

*"This was a life changing experience, I learned what true acceptance of myself feels like, and looks like. I have gained more tools to holistically battle my anxiety and depression and I had a kick-ass, carefree time with some of the most amazing and beautiful women who helped me along this journey. Cannot wait to do it again. Worth every damn penny."*

SABREA JONES



## POPULAR WORKSHOP TOPICS INCLUDE:

Self-Love and Self-Care

Meditation

Love and Intimate Relationships



## SPEAKING TOPICS

### SELF-LOVE AND SELF-CARE

Shelah can break down her unique perspective on self-love and how she has learned to make peace in her own life. She can share insights on coping with depression, severe anxiety, and toxic family cycles -- especially as they relate to women of color.

**Shelah connects very authentically to women, in particular women of color, who she refers to as "first generation healers."** She speaks candidly and honestly about her story, which opens up space for more connection. Shelah can also advise practical, simple tips for how women can practice more self-care in their own lives.

### MEDITATION

Shelah brings meditation down to a practical level and presents it in a way millennial women can grasp. Shelah is passionate about adding her unique voice as a young woman of color to the modern conversation and meditation and wellness. In support of this, she recorded her own Meditation Mixtape, which has garnered over 100,000 streams across all streaming platforms. **Shelah has used meditation to rewire her internal dialogue, invite more peace into her life and to get clarity on what exactly she desires in life -- and how to create it.** Shelah can also teach simple breathing techniques for centering energy and managing anxiety.

### LOVE AND INTIMATE RELATIONSHIPS

Shelah values relationships and the depth they bring to our world and believes through relationships we can learn so much about ourselves because that will always be the most important relationship. **When discussing love and relationships, Shelah focuses on dissecting how beneficial self-love and self-appreciation are for our outside relationships.** She also explains how honoring the relationship with yourself first and foremost allows anyone to cultivate beautiful relationships with others.

## OFFERINGS AND RATES

### 1 HOUR WORKSHOP

Shelah's workshops are active, informative and spark true change for her participants. Shelah is skilled at creating a safe space for vulnerability and transformation in a short amount of time. Shelah's workshops consist of a discussion, a 15-minute meditation and journaling session, and Q&A.

### WORKSHOP OPTIONS:

#### CONNECTING WITH YOUR SISTER SELF

Based on the principles of Quantum Physics and the idea of multiple realities and unlimited potential, Shelah leads the group through a discussion & meditation that allows women to connect with & speak to their other self and their sister self, who can provide much-needed insight and clarity in one's life.

#### SERIOUS DAYDREAMING

Also based on the principles of Quantum Physics, The Serious Daydreaming Workshop leads guests through Shelah Marie's signature Serious Daydreaming method, where guests experience a day in the life of their Quantum self where there is unlimited potential, creativity and solutions.

#### PANEL DISCUSSION

Bringing an equal dose of energy and practical knowledge, Shelah thrives in in-the-moment, active discussions. Never speaking at an audience, always to them, Shelah is not afraid to have difficult conversations or share her unique, sometimes controversial perspective. She is extremely engaging and adept with Q&A segments as well, able to deliver useful advice and feedback on the spot.

**Topics Shelah can speak on:** body positivity, healthy relationships, meditation & women of color, managing anxiety & depression, wellness for black girls, toxic relationships with family and lovers.

#### INTIMATE Q&A SESSIONS

For groups that want to connect with Shelah in a more intimate setting, these Q&A sessions are perfect. Participants have a chance to ask personal questions, without the pressure of a large audience. Shelah also can spend more time giving personalized feedback.