



## **Shante | Keynote Speaker · Life & Spiritual Coach · Mental Health Therapist · Author**

With nearly two decades of experience at the intersection of mental health, faith, and human transformation, Shante is a dynamic keynote speaker, licensed mental health therapist, and life and spiritual coach whose work carries the rare weight of both clinical expertise and lived wisdom. She speaks not just from theory — but from the trenches of healing, leadership, and grace.

Shante has served communities in some of the most meaningful and demanding roles in the helping professions — as a health equity champion, clinical consultant, community systems liaison, and educator. Her work has bridged gaps in underserved communities, elevated mental health access, and helped systems become more compassionate, culturally responsive, and just. That same commitment to equity and advocacy has carried her to national stages where she has presented at the National Association of Social Workers, the National Association of Black Social Workers, and the National Youth Advocacy and Resilience Conference — using her voice to advocate for equity, healing, and emotional truth.

As a speaker, Shante speaks directly to the hearts of those navigating the hardest seasons of life — whether that looks like grief, trauma, loss, burnout, broken relationships, navigating parenting while healing, or the quiet weight of simply trying to hold everything together when the ground beneath you has shifted. She understands that difficult seasons rarely announce themselves and rarely come one at a time. With trauma-informed insight and spiritual grounding, she meets people exactly where they are — offering not just strategies, but perspective, presence, and permission to heal without having to have it all figured out first.

Her message weaves together three transformative threads: **faith as a foundation, creativity as medicine, and healing as a personal revolution**. Shante believes that creativity — whether through writing, storytelling, poetry, or art — is not a luxury for the hurting; it is a lifeline. Her own journey through grief and loss gave birth to *The Healing Voice of Silence*, a testament to how the written word can carry us when nothing else can. She brings this truth to every stage she steps on, inviting audiences to see their own stories as worthy of expression, restoration, and renewal.

Rooted in resilience, spirituality and compassion, Shante reminds every room she enters of a truth that never expires: even in brokenness, there is beauty. Even in the heaviest darkness, there is movement forward. You do not need permission to heal, to grow, or to become — and no storm, no matter how long, gets the final word.

Shante is available for keynote addresses, workshops, faith-based events, mental health conferences, parenting summits, and community healing gatherings.