



Shibbon Winelle

IT WAS WRITTEN

SPEAKER | PSYCHOSOMATIC PRACTITIONER | WRITER



@SHIBBONWINELLE



• ABOUT • Shibbon Winelle

Shibbon Winelle is a transformative voice bridging healing, empowerment, and creative expression. With 20+ years in wellness and personal development, she helps people and communities break cycles, restore balance, and live with intention. As a mental health clinician and life coach, she guides healing through communication and life skills. As a psychosomatic practitioner, she brings expertise in meditation, yoga, stretch therapy, and recovery; integrating mind, body, heart, and soul into every space she enters. Her approach combines holistic wellness, storytelling, and tools for self-awareness, leadership, and transformation. After losing her firstborn son, Bryce "Simba" Gowdy, to suicide in 2019, Shibbon turned pain into purpose. Through The Bryce Gowdy Foundation, she advocates for mental health, suicide prevention, and youth empowerment, ensuring his legacy drives change. On global stages or in intimate circles, her message is clear: healing is possible and purposeful, and It Was Written...

Signature Topics

- **ESPN's "LONG LIVE SEVEN" by Dak Prescott**
- **The Bryce Gowdy Story + Q&A Discussion**
 - Transitioning into College & Adulthood
 - The Football Recruitment Process
 - Navigating Relationships; Healthy vs Toxic
 - Prioritizing Mental & Emotional Health
 - Signs of Suicide & Preventative Measures
- **Health is Wealth & the Importance of Recovery**
 - Meditation & Prana Session
 - Yoga & Stretch Therapy Session
- **Authentically You! {Authentic Relating Game}**
- **NIL/Brand Workshop**
 - Visualization
 - SMART Goal Setting
 - The Habit of Journaling; Intro to BUJO
 - KANBAN for your Lifestyle & Brand

Collaborations

The Bryce Gowdy
Foundation

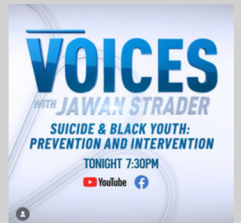
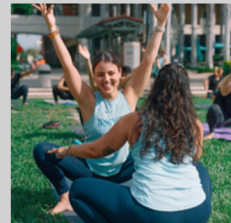
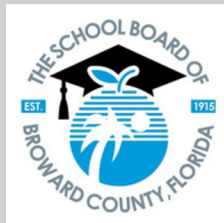
City of
Deerfield Beach

ESPN & The UnDefeated
"Long Live Seven"
Narrated by Dak Prescott

Broward County
School Board

MYP Athletes

Voices with
Jawan Strader
of NBC6





A
STAR
WAS
BORN

A DOCUSERIES BY
DIRECTOR ANTWAN SMITH

A STAR WAS BORN

A Star Was Born is a documentary series honoring the life, legacy, and impact of Bryce “Simba” Gowdy; a gifted scholar-athlete whose light extended far beyond the football field.

More than a biography, this project explores the human experience behind performance: identity, pressure, mental health, grief, and the unseen weight carried by young people navigating high stakes environments.

This is not just storytelling.
This is truth, accountability, and impact.



WHY THIS MATTERS?

Bryce’s story does not end neatly.

It raises real questions; personal, cultural, and systemic, about how we support young lives under pressure.

A star was born create space for:

- Honest conversation, conversations around mental health and identity
- Deeper understanding of grief and performance culture
- Community accountability, and healing

This work is both remembrance and responsibility.

2026 SPEAKING & MEDIA TOUR

Now booking interviews & speaking engagements

MAY - SEPTEMBER 2026

Aligned with:

- **Mental Health Awareness Month** (*May*)
- **Summer Football Training, Camps, Tournaments** (*June/July*)
- **Back-to-School Season** (*August*)
- **Suicide Prevention Month & Start of Football Season** (*September*)

AVAILABLE FOR:

- Podcast Interviews
- Speaking Engagements
- Mental Health Communities & Platforms
- High Schools, Colleges & Universities
- Athlete & Sports Organizations
- Youth & Family Programs

As Bryce's mother, Shibbon Winelle brings a rare and necessary perspective merging lived experience, emotional intelligence, and psychosomatic insight to hold space for conversations most people avoid.

This is not theory.
This is lived truth.

Now booking for May - September 2026 tour.

Booking Inquiries: info@shibbonwinelle.com

Media + Project Updates: [TAP HERE](#)

A Star Was Born extends beyond the screen through:

- The Bryce Gowdy Foundation.
- Youth centered programming and scholarships
- Community conversations and prevention initiatives.



This is not content for consumption.
This is storytelling with consequence.

THE BRYCE GOMDY
FOUNDATION

IN COLLABORATION WITH

THE BRYCE GOMDY
+ FRIENDS
CHARITY

• ABOUT •

The Bryce Gowdy Foundation (BGF), alongside Bryce Gowdy & Friends Charity (BGFC), leads to create a village network of socioeconomic and psycho-physio health and wellness that empowers the growth of mindful hearts and healthy minds.

BGF was established by Bryce's mom, Shibbon Winelle, along with Bryce's high school friends, teammates, and a network of professionals, volunteers, and mentors in the community as a response to the lack of resources towards mental health and wellness; especially after the loss of Bryce 'Simba' Gowdy and Alexis J. Marion to suicide and Terrance 'TeeJay' Jackson to gun violence.

BGFC extends this mission through community-based outreach, programming, and support, ensuring the work reaches those who need it most.

The collective goal of BGF and BGFC is to raise \$50,000+ to establish safe spaces for youth and young adults to manage their physical, mental, and emotional wellbeing through mentorship, movement, and creativity; provide socioeconomic resources to families; and produce experiences and programs that build the community village in our hometown of Deerfield Beach and beyond.

THE BRYCE GOWDY
FOUNDATION

THE BRYCE GOWDY
& FRIENDS
CHARITY



A portion of all Shibbon Winelle's proceeds are always donated in support of The Bryce Gowdy Foundation & Bryce Gowdy & Friends Charity

For more info, to donate, or volunteer please visit
www.BryceGowdy.org

Reviews



MISHA 16
HIGH SCHOOL STUDENT



"Pain is an opportunity for growth and elevation", honestly makes me reflect on how far I've come and how grateful I am to talk to you. Thank You!



TOYA 31
HIGH SCHOOL EDUCATOR



It was a pleasure meeting you at the Town Hall meeting in Ft. Lauderdale. Your story and journey with Bryce has touched me in many ways. Suicide has affected myself and others around me and you inspire me to help create change and talk about it.



ANNIE 44
NFL MOM & TV PRODUCTION



You are an inspiration to many and I am honored to hold space and be support for you as you continue to share your story and change lives.



CHRIS 21
COLLEGIATE FOOTBALL ATHLETE



Going from high school to college ball after losing Bryce and during COVID was tough. You helped me find a therapist, and stay focused on my goals. Thank you Ms. Shibbon.

