

*DSUAA 2021-2023*

# Building Bridges

Connecting Past, Present, and  
Future Generations



## LaSean Shelton '95 Alumni Representative

Delaware State University Graduate and Educator pens the most comprehensive blueprint for Adulthood in the market, her name?

LaSean R. Shelton. Using her experiences pulled from 13 years as a credentialed Vocational/ Chemical Abuse Clinician, 8 years in the classroom & as a newly appointed licensed Financial Coach in multiple States, Shelton saw the need to blend home economics, finance, social & life skills, along with personalized letters from those experienced in these areas to assist those looking to acclimate (and reacclimate) successfully into adulthood.

LaSean Rinique Shelton is an acclaimed International public speaker, Podcaster, media strategist & Author of "Congratulations! You Just Lost Your J.O.B", "How About a Lifestyle Change", "Prerequisite to Adulthood 101", & is vigorously writing new material, and by Summer 2021, she is scheduled to complete "Wealthy Mom, Rich Mom" and & specializes in Train the Trainer series where she teaches professionals Project Management basics, Soft Skills, Microsoft Office Suites, Realignment of Expectations, Office Etiquette, Dress for that Gig, Goal Setting, How to Re-Engineer your Mindset and more—Shelton's goal is to encourage through training ways to reach within & overcome the odds and excel by any means necessary, & how to do it writing.

Coined as the Certified "Book Doula™", Shelton assists yearning Authors to birth their book from inception to publishing—thus the name "doula". She used this & other concepts to help those with her "Shatter Your Ceilings." Over the years, LaSean has become a sought-after speaker in the industry & she demonstrated the ability to show people how to break barriers & create steppingstones for the masses.

LaSean has served on multiple speakers' associations & symposiums, sharing platforms with greats such as Les Brown, Dr. Willie Jolley, Dr. Tiana Von Johnson, Dr. George Frazier, Carl Stokes, Cheryl Wood & many more. LaSean has inspired over 478,000 lives collectively through these combined events & over 1 million Podcast listeners & television viewers since 2008 & trained aspiring podcasters how to do the same.

Shelton has also served as a contributing writer for several blogs, online magazines both National & International, hosted & co-hosted over 15 radio/Podcast shows both terrestrial & digital as well as 5 television talk shows.

Though Shelton says that she is blessed to have achieved so much in her life, she said that she is most proud of her children, Anthony Marc, Jay Harmeen, and Aliya-Bernice, she refers to them as her pride & joy.