

## SAMPLE INTRO

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Our speaker today is a social relationships expert.

She has written three books on the subject, including *Friendships Don't Just Happen!* and *Frientimacy*, in which she teaches how to build and deepen healthy relationships. As a speaker on TEDx and conference stages; a contributor and media resource to publications such as the *New York Times* and *TIME* magazine; and a guest on the *Today Show* and *Steve Harvey Show*, she activates communities and individuals to reduce loneliness and increase belongingness for their health, happiness, and longevity.

And today, we have the honor of having her here to teach us how to foster meaningful connection in our own lives. Please help me welcome . . . Shasta Nelson!