

# BIO

## Visionary Leader in Addiction Recovery and Mental Health

Dr. Shelissa Thomas has over 24 years of experience transforming lives through addiction recovery and mental health services. As the CEO and Co-Founder of Restore LLC, she's turned personal tragedy into purpose, creating hope and healing for individuals and families. Her faith and passion led to the opening of Alaska's first African-American woman-owned crisis stabilization center, setting new standards in care. Her unwavering faith lets her see even complex issues through the belief that "With God, all things are possible." Dr. Thomas is a Mental Health and Addiction Recovery Specialist, Life Coach, Pastor, Inspirational Speaker, and Author. She is the creator of the M.M.T.(Mindful Momentum Technique), which she uses along with other modalities to help clients re-program the subconscious mind to heal from unrecognized or undiagnosed traumas.

## MISSION

Her commitment is to create a safe space to explore crisis, trauma, and relationship issues for individuals and families in need through mental wellness coaching. Dr. Thomas is committed to open their world in ways that will make sense after every session. She support individuals and families in their journey towards a new path in a sustainable, healed, balanced and authentic life.

**Dr. Shelissa  
Thomas**

**MEDIA  
Kit**

✉ [info@mindful-reflections.org](mailto:info@mindful-reflections.org)

[WWW.DRSHELISSATHOMAS.COM](http://WWW.DRSHELISSATHOMAS.COM)



# WHY WORK WITH DR. THOMAS?

## » Clarity:

Evaluation of your current mental health status, identify the glitches in your subconscious program, voids in your work/life, identify traumatic experiences, and develop a healing action plan.

## » Resilience Reset:

Personal work sessions, Business & Relationship sessions, Trauma healing, release of karma, tap into your true identity and journey towards yourself, creating a space for a new way of living, loving, and lifestyle.

## » Focus Forward:

6 Months Program- includes weekend retreat. Everything included in Resilience Reset- plus Direct access to Dr. Thomas as your mentor and guide for personal, relationship, and business guidance.

## » Crisis Management:

Acts of Terrorism/Violence, Corporate, Law Enforcement and Sports Teams.

*Dr. Shelissa Thomas*

- City, State, and Federal Government
- Family Conflict
- Law Enforcement Agencies
- Entertainment Industry
- Corporations
- Sports Teams and Organizations
- Real Estate Professionals
- Non-Profits Organizations
- Medical Professionals
- Correctional Institutions
- Schools, Colleges, and Universities
- Automobile Manufactures
- Retail Organizations
- Entrepreneurs
- Airlines
- Restaurant Chains
- Politicians
- Law Firms
- Sober Living and Half Way Houses



# Our Amazing CLIENTELE List

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# **SPEAKING ENGAGEMENTS**

**SPEAKER TOPICS FOR CONFERENCES, SEMINARS,  
WORKSHOPS AND HIGH-PERFORMANCE  
COACHING**

- **Effective Tools for Emotional Intelligence in the workplace.**
- **Overcoming the Trauma of Trauma.**
- **Integrating Employees to find work/life balance.**
- **Conscious conversations with (Men and Women) in life and business.**
- **How trauma influences the bottom line in business.**
- **The Enlightened Entrepreneur; strategies for business.**
- **Finding your Inner Peace to be In Power.**
- **Bridge the M.M.T.(Mindful Momentum Technique) to Ultimate**
- **Personal/Life/Business Success.**

**OUR SPEAKERS' TOPICS CAN BE CUSTOMIZED TO FIT YOUR CORPORATION, ORGANIZATION OR CONFERENCE THEME.**

## **MEDIA FEATURES:**

**US  
INSIDER**

**BUSINESS  
INSIDER  
AFRICA**



# CONTACT **INFO:**



954-507-2273



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www.DRShelissaThomas.com

## TARGETED AUDIENCE:

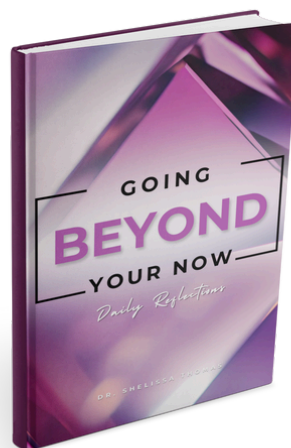
Age: 25 - 60

Gender: 50% Male - 50% Female

Seeking Increased Personal Development

**BOOK DR. SHELISSA  
THOMAS FOR YOUR NEXT  
SPEAKING  
Event**

**Check Out Her Latest Book:  
"GOING **BEYOND** YOUR NOW"**



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