

Rahkal C. D. Shelton

BE YOU. BE INSPIRED. BE THE INSPIRED YOU.

WHO I AM

The founder of Be The Inspired You, a motivational lifestyle brand created to challenge individuals to be the best version of themselves. I am an author, speaker, inspo enthusiast, and workplace peace advocate. I help individuals find harmony and strategy for thriving in challenging environments and circumstances in life and the workplace.

WHAT I BELIEVE

I am a firm believer in encouraging mindfulness, mindset shifting, affirmations, and collaborative work cultures (workplace peace). Sharing experiences transparently and authentically has the power to inspire and set others free personally and professionally.

WHAT I OFFER

I am the author of *Woosah: A Survival Guide for Women of Color Working in Corporate*. *Woosah* is guaranteed to help you better navigate the workplace while keeping your confidence, cool, and peace of mind. I offer courses, workshops, keynote and panel speaking.

Presentations include:

- Workplace Peace "Woosah" Mindfulness & Strategy for Thriving in Challenging Environments
- Be The Inspired You: Identifying & Owning Personal Skills For Professional Success
- College & Career Readiness: Strategic Planning, Interviewing & Networking Strategies



RAHKAL C. D. SHELTON

AUTHOR

SPEAKER | INSPO ENTHUSIAST
WORKPLACE PEACE ADVOCATE

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about

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Sometimes, numbers do lie! Statistics say, children who are raised in domestically violent homes and/or homes filled with substance abuse and poverty are less likely to succeed and more likely to become products of their environment. However, this wasn't the case for Rahkal C. D. Shelton. Those were her statistics; but, the self-proclaimed "rose from concrete" triumphed over them.

Rahkal is a first-generation college graduate whose resume is lined with accomplishments and work histories with well-known corporate entities.

She holds a Master's degree in Media Communications and Training from Governors State University and a BA in Radio/TV/Film from Texas Southern University.

Rahkal has over 12 years of experience working for conglomerates, including CNN, Warner Media (formerly Turner Broadcasting System Inc.), iHeartMedia (formerly Clear Channel Communications), and Fox Chicago News. In 2019, she exited the corporate arena. Coining herself as a workplace peace advocate and inspiration enthusiast, she is focused on serving and inspiring others in and out of the workplace.

Rahkal offers the perfect merger of mindfulness, life skills, and personal and professional development training. She is the author of *Dreams Bigger Than Texas*, *Blackbird*, and *Woosah: A Survival Guide for Women of Color Working in Corporate*.

"YOUR PAST DOESN'T HAVE TO DICTATE YOUR FUTURE, AND MANIFESTATION IS THE PRODUCT OF A HEALTHY MINDSET AND TAKING ACTION."
- RAHKAL

FEATURES & PARTNERSHIPS

Turner

CHICAGO'S VERY OWN
WGN9



VoyageATL

HUFFPOST

Forbes



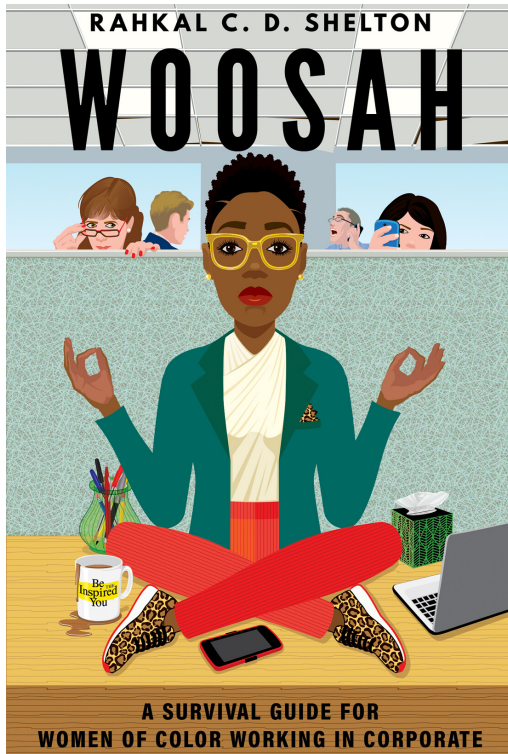
CLARK ATLANTA UNIVERSITY



TEXAS SOUTHERN UNIVERSITY



IMMEDIATE RELEASE



AUTHOR & WORKPLACE PEACE ADVOCATE FIRES CORPORATE EMPLOYER TO "WOOSAH" FROM PRIVATE SECTOR.

(Atlanta, GA) – Featured on major platforms including *Forbes*, *WGN*, *HuffPost*, and *Voyage ATL*, workplace peace advocate, speaker, and author Rahkal C. D. Shelton, releases her third book.

Woosah: A Survival Guide for Women of Color Working in Corporate is a reflective depiction of the lessons and experiences that have shaped this dynamic storyteller, on her journey from internships to fortunate 500 companies. This motivated edupreneur (educator + entrepreneur) provides invaluable advice for tackling thorny topics like discrimination, biases, toxic environments, boundary setting, and community building.

SYNOPSIS

NO, IT'S NOT JUST YOU, AND YOU'RE NOT TRIPPING!

Let's be honest; the majority of the corporations we're working for weren't founded with us in mind. It is no secret how stressful, challenging, and difficult working in corporate America can be, especially for women of color. But guess what, Sis? You made it, and most of us had to fight really hard to get here. We've worked long hours, continued our education, moved across the country, and made countless sacrifices. Now, wouldn't it be nice to feel respected, valued, and be equally compensated?

Wouldn't it be nice to create more significant contributions toward our careers while navigating the corporate beat down more effectively? Look no further; help is in your hand. But, first, let's take a deep breath and woosah.

Woosah: A Survival Guide for Women of Color Working in Corporate is guaranteed to help you better navigate the workplace while keeping your confidence, cool, and peace of mind.

Packed with down-to-earth commentary, unfiltered and relatable stories, exercises, and practical tools in it, Rahkal provides invaluable advice for tackling thorny topics like discrimination, wage gaps, biases, toxic environments, self-worth, boundary setting, and community building. This humorous and energetic guide is for the woman who's ready to thrive.

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ABOUT THE AUTHOR

Rahkal C. D. Shelton is a speaker and author. With over 12 years of corporate experience, including roles with CNN, Warner Media (formerly Turner Broadcasting System, Inc), WGN, iHeartMedia (formerly Clear Channel Communications), and Fox Chicago News; Rahkal has a Master's degree in media communications and a BA in Radio/TV/Film. She is passionate about help individuals find harmony and strategy for thriving in challenging environments.

WATCH THE OFFICIAL TRAILER

<https://youtu.be/jAX3RyJoLJI>

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