

Shonte' Press

SPEAKER KIT



WWW.SHONTEPRESS.COM

Bio



Paving the way for a healthier tomorrow, coupled with teaching others to enjoy a wholesome and natural way of life, business owner, wife and mother of three, Shonté Press, is leading a movement to help others take their health and their lives to the next level on purpose, with purpose. She has always lived with a desire to help others and for many years she has personally encouraged and influenced those whom she has come in contact with to make healthier life choices. Be it eating nutritiously, parenting the natural way or living green, she promotes total wellness wherever she goes!

Press earned her business degree at the University of Georgia. Although, after working for the government for a number of years & owning and operating several successful businesses, she decided to shift her focus towards helping others take control of their nutrition and wellness. Shonté Press currently operates as a Certified Nutrition & Wellness Consultant, Speaker, Entrepreneur and Writer. Her speaking and writing topics include nutrition, wellness, natural living practices and parenting. She uses her consulting, speaking and writing platforms to provide key information to assist individuals and families in making informed wellness choices, subsequently leading to better lives.

Through her one-on-one coaching and group consulting, she offers a solution-focused approach to her clients, by guiding them in the areas of consuming wholesome, nutrient dense meals and practicing healthier lifestyle choices. As a coach and consultant, she sees clients challenged by the day to day hindrances that keep them from living their healthiest life and offers tangible solutions to their obstacles. Press is owner/operator of Press On Enterprise, a company designed to help individuals and family's on their journey to optimum health. Furthermore, she is a children's book author, a regular contributor to the South Fulton Lifestyle magazine and a Zumba Kids instructor. She uses these platforms to extend her knowledge base to individuals that she may not otherwise connect with.

Alongside her nutrition and wellness career, Shonté Press serves as a board member for JBMS Foundation and formerly served as a mentor for Communities in Schools. Currently, she is a member of Mocha Moms, Inc. and she is a former member of the Society of Children's Book Writers and Illustrators & MOPS. Press is passionately leading the way to a healthier future while serving and connecting with her local community.

Signature

Talks



GETTING YOUR HEALTH IN ORDER

4 Steps to becoming a healthier you

HEALTHY KIDS, HEALTHY START

Setting kids up for nutritional and wellness success

WELLNESS PLANNING FOR PARENTS

Parenting with wellness in mind

GROCERY SHOPPING 101

Learn how to shop healthy and smart on a budget

CLEANSING 101

ABC's of cleansing your way to better health

BREASTFEEDING 101

Breastfeeding tips and tools for success

GREEN HOME, GOOD LIFE

Convert your home into a chemical-free sanctuary



Client Testimonials

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I WAS SO AMAZED AT HOW MUCH KNOWLEDGE I RECEIVED FROM SEEING SHONTÉ PRESS SPEAK. FROM THE MINUTE SHE OPENED HER MOUTH, EVERY WORD SHE SPOKE WAS JUST WHAT I NEEDED.

- K. ROQUE

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WHEN SHONTÉ PRESS CAME TO SPEAK AT OUR WOMEN'S GROUP, SHE LEFT US ALL INSPIRED AND MOTIVATED TO CHANGE.

- CHRISTINA G.

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MRS.PRESS IS A VOICE FOR THIS GENERATION AND A GIFT TO THE HEALTH COMMUNITY. HER WORDS TRULY INSPIRE YOU TO CHANGE YOUR UNHEALTHY HABITS.

- ELAINE P.

Contact

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PAST SPEAKING ENGAGEMENTS

