



## Shenandoah Chefalo

Faculty Member

[schefalo@crossnore.org](mailto:schefalo@crossnore.org)

Shenandoah Chefalo's early childhood and subsequent placement into foster care has given her a personal insight into the trauma that children in our nation experience every day. As an author, coach, and nationally-recognized speaker, Shen advocates for foster children everywhere she goes. She also encourages and challenges those in power on state and federal levels, as well as those providing care, to provide the best care possible for these children. With a lengthy career as a paralegal and director of a law firm, Shen has also seen the legal side of children's care and how much more trauma may be experienced as a child's case proceeds through the court system.

Shen has been the owner and chief training advocate of two firms in Michigan offering business and life coaching, consultation, and training across the United States. She has consulted with both private and public sector clients providing group and one-on-one training and coaching, workshops, webinars, and keynote speeches. Shen is particularly adept at helping clients identify and address issues, as well as achieve goals, specifically related to the topics of trauma and adversity.

In addition to her work, Shen has authored three books: *Setting Your Vision and Defining Your Goals* (2013), *Garbage Bag Suitcase* (2016), and *Hiking for Stillness: Healing Trauma One Step at a Time*, expected to be published in 2019. Shen earned a Bachelor of Arts in Interdisciplinary Studies in Social Science, Human Resources, & Society from Michigan State University, and is a 2011 graduate of Coach U in Atlanta, Georgia. She is a member of the Michigan State Daughters of the American Revolution (DAR) and currently serves as the State Chairman of DAR Schools.

Shen is married to Gerry and the couple have one daughter, Sophia. The Chefalos enjoy adventure and their travels have taken them around the globe. They especially enjoy their family trips during the Christmas holidays and in 2018, they will be hiking Mt. Kilimanjaro, a dormant volcano in Tanzania. This trip will also raise awareness for children in foster care and funds for Crossnore School & Children's Home.



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Media Inquiries:

Holly Solomon, Director of Communications | 704-607-9415 | [hsolomon@crossnore.org](mailto:hsolomon@crossnore.org)