

Chris Shea

Speaker, Life Coach,
Author



Dynamic, passionate,
knowledgeable

Chris Shea has been speaking on the national stage since the 1990's, enlightening his audiences on wisdom of his life experience, both private and professional. As a business coach, Chris has spoken for national associations, local institutions, and presenting webinars. He has been interviewed on national and international radio and television.

Sampling of Media Outlets



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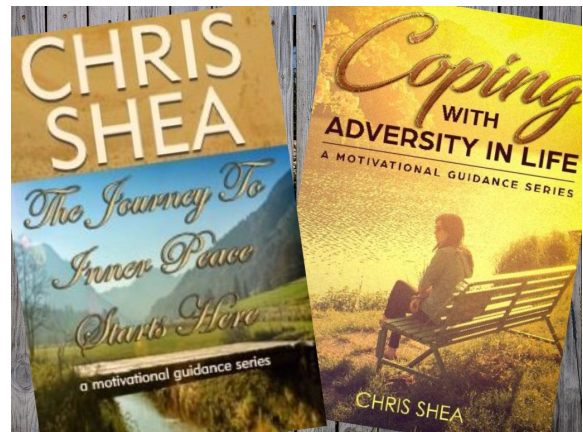
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Chris is a counselor and life coach of over 20 years who is published in clinical and medical journals, as well as various online media outlets. He is an adjunct professor at both Towson University and McDaniel College where he instructs in the Masters level counseling and mental health program. Chris has held professional positions of clinical director, Executive Director, and CEO of inpatient clinical medical facilities in the greater Baltimore metro area.

Chris' Books ...



Most Requested Topics

- "Becoming a Mindful Leader"
- "Mindfulness in the Workplace to Increase Productivity"
- "Mindful Decision Making"
- "Staff wellness & integration with mission / goals of the corporation"
- "Techniques for Reducing Stress & Anxiety"