

# Wishing you an EPIC holiday season!

[YourEpicLife.com](http://YourEpicLife.com) | [theShelliJohnson.com](http://theShelliJohnson.com)  
[coach@yourepiclife.com](mailto:coach@yourepiclife.com) | [LinkedIn](#)

Holiday greetings from the cold and snowy frontier of Wyoming!

2022 has been a great year at Epic Life Inc. I feel blessed to know and work with so many wonderful humans and organizations. It is such an honor when people trust me to be their coach, leader, guide, facilitator, and keynote presenter.

My coaching roster is full and I love and admire all of the men and women I'm working with. I walk for most of my calls and I can report I logged hundreds & hundreds of miles in coaching calls during 2022. 😊

In addition to coaching, I led 3 Epic programs in Zion National Park. In April, I led Chiny, Melanie, and Shay on an Epic Adventure. You would never know these epic ladies were from sea level as they slayed the adventures and we had a blast! In May, I led Jennifer, Sarah, Annie, Kattia, and Susan on an Epic Adventure. Unfortunately, after the first night,

Jennifer (a dear friend & certified Epic Woman & coordinator of the May program) fell ill with Covid. We so missed her company on the trail, but still managed to have a particularly meaningful adventure and a lot of fun. In September, I was joined by Christen, Sheila, Lisa, Christine, and Rachel and we had a fantastic experience and a blast. Leading Epic Adventures is one of my favorite things to do, and 2022's Epics were unforgettable!

In addition to leading Epic Adventures, I was hired several times to deliver my presentation virtually from my Epic Sheep Wagon, but I also traveled to Sioux Falls, S.D. to present to a Sales & Marketing group, and to Oh My Cupcakes' epic team, to Newark, N.J., to present to Prudential's powerhouse marketing team (of which Epic Woman Erin Bokina is a part so it was great reconnecting with her!), and in early December, I traveled to

L.A. (Hollywood Hills) to provide a session for the wonderful team at Arc Collective. I also led two groups—a women's group and Arrow Exterminators' (Epic) marketing team—through my 7-month Virtual personal leadership program. (I'm excited to be leading Arrow's CCD leadership team through the program next, beginning in 2023.)

Another highlight was a NYC trip with two of my amazing clients/friends, Emily and Jason, during which we had dinner with Charles Barkley, and I got to see *Hamilton*! I also got to enjoy a special happy hour with Epic Woman & friend, Wendy, while in NYC.

In closing, I finally started writing my first book. I have 40,000 words written, and 35,000 more to go. I hope to finish it soon! Thank you for being in my life and for the opportunity to work with you. I'm grateful!!!

*With love and gratitude, Shelli*

*Please see next page*



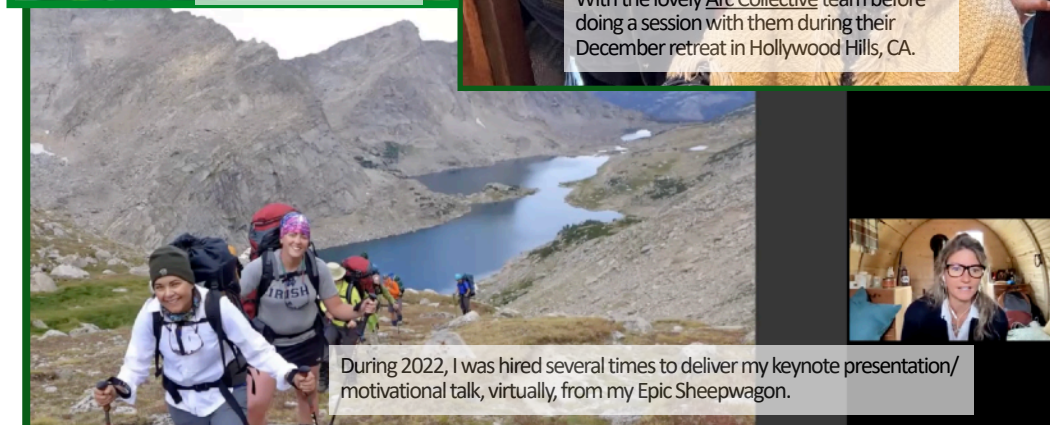
Season's Greetings from my (cold & frosty) Epic Sheepwagon. (I'm inside stoking the fire!)



Your goofball Epic coach, leader, & guide. 😊



With the lovely Arc Collective team before doing a session with them during their December retreat in Hollywood Hills, CA.



During 2022, I was hired several times to deliver my keynote presentation/motivational talk, virtually, from my Epic Sheepwagon.



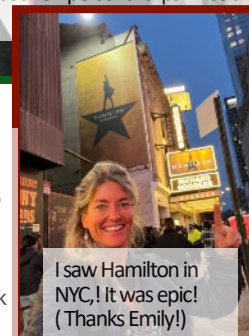
My coworkers, Buddy & Chewy.



With my friend /client, Emily Kendrick, in NYC in March. Emily is the epic CEO of Arrow Exterminators, in Atlanta, which is continually named a best place to work, nationally, and in Atlanta. I love working with the people at Arrow because they are all exceptional human beings. (Emily's husband is from Wyoming, and I was introduced to Emily via a mutual friend when we were both on personal trips in Iceland in June of 2019. Thanks Joanne & Garry!)



(The only pic from my presentation to the Prudential marketing powerhouse team in Newark in October.)



I saw Hamilton in NYC, it was epic! (Thanks Emily!)



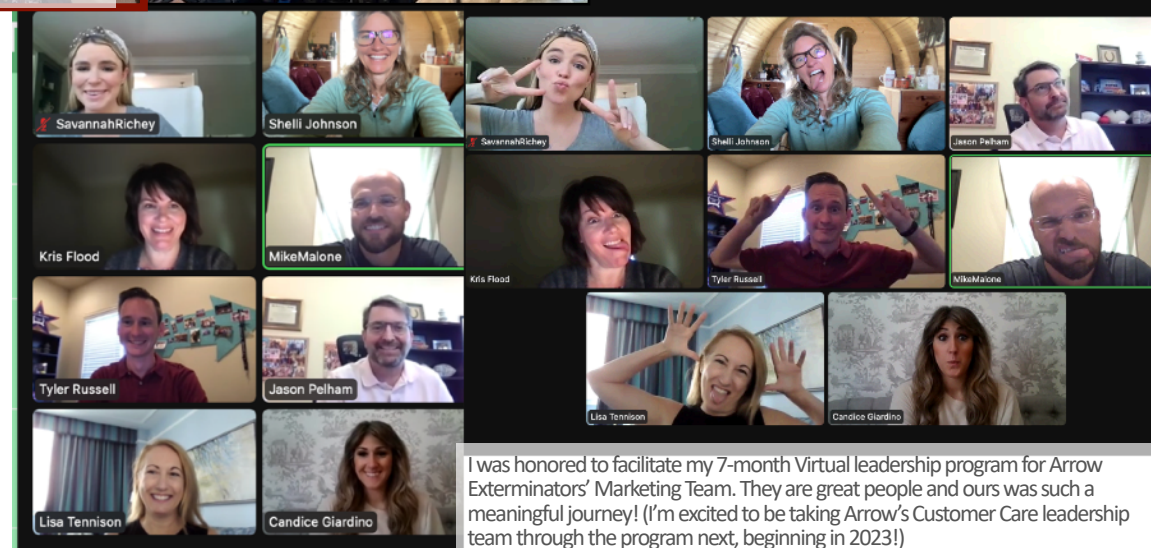
Posing with an Epic law enforcement woman in NYC, w/my friend & Epic Woman Wendy Mullen.



In NYC with my friend/client, Jason, from Atlanta, whom I'm grateful to have met on a flight from ATL to DEN a few years back. Jason is a principal at OneDigital, and an entrepreneur. (Also, thanks to Jason, I can call Charles Barkley a friend. Thanks Jason!)



With Oh My Cupcakes Owner, speaker and author, friend and Epic Woman Melissa Johnson, in Sioux Falls, SD, after my presentation to a Sales & Marketing group, and to Melissa's Epic team.



I was honored to facilitate my 7-month Virtual leadership program for Arrow Exterminators' Marketing Team. They are great people and ours was such a meaningful journey! (I'm excited to be taking Arrow's Customer Care leadership team through the program next, beginning in 2023!)



# Thank you to all who hired me in 2022! ❤️



Celebrating with Chiny, Shay and Melanie in Zion in April.



Melanie!



Shay, in Echo Canyon.



With Jennifer, Annie, Susan, Sarah, and Kattia, in Zion, in May.



Kattia, Susan, Sarah, & Annie, The Narrows, Zion, in May.



Chiny, Melanie, & Shay, during our Emerald Pools hike.



Chiny!



Melanie & Chiny (Epic BFFs).



My dear friend (& 2-time Epic Adventurer) Jennifer Dorian. (Unfortunately, Jennifer tested positive for Covid on our 1st night & we missed her company so much while on the trails.)



Kattia, Susan, Sarah, & Annie, /Angels Landing in the background.



Chiny, Shay, & Melanie, demonstrating 3 of my favorite traits: Courageous, fun, and funny.



Shay!



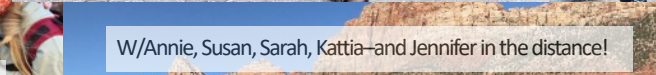
W/Christen, Sheila, Lisa, & Christine in Zion, in September.



W/Kattia, Annie, Susan, & Sarah.



Kattia, Annie, Sarah, & Susan on our Angels Landing hike.



W/Annie, Susan, Sarah, Kattia—and Jennifer in the distance!



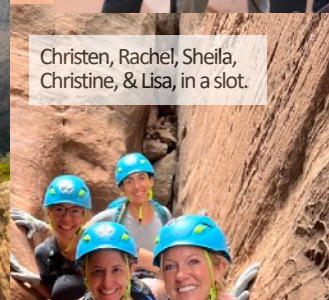
Christen, Sheila, Christine, Rachel, & Lisa, in Sept.



Christen, Sheila, Christine, Rachel, & Lisa, in Sept.



W/Christen & Christine, Angels Landing, in Sept.



Christen, Rachel, Sheila, Christine, & Lisa, in a slot.



Kattia, Sarah, & Annie in a slot.



Christen, Christine, Rachel, Sheila, and Lisa, The Narrows.



Cleaned up. With Christen, Sheila, Christine, Rachel, & Lisa, in Sept.

