



EV CORE CONTRIBUTOR

Shena Driscoll Salvato

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Shena is a college-level lecturer in Teaching English to Speakers of Other Languages (se habla español), founder of the Excuse Fast, TedX speaker, wife, mother of two, and homesteader in upstate New York. She combines more than 25 years of experience in the field of education with her personal passions for creativity and solution-finding to develop exercises and programs guiding others to live their passions for more fulfilled, inspired individuals and communities.

She has supported participants from at least 22 countries across 6 continents and 31 U.S. states in fasting from the excuses that have blocked them from doing what they're passionate about in her signature Excuse Fast program. After traveling and living abroad, Shena continues to connect with people from around the world through her writing and educational programs.