

# SEHIN BELEW

**Name:** Sehin Belew

**Age:** 59

**Occupation:** Motivational Speaker, Author, Image Consultant, Lifestyle Model

**Education:** Sterling College, Sterling, Kansas, BA with honors

**Family:** Single—never been married. My father died when I was a little girl. My mom is healthy and active at 92. My mom, my sister and one of my brothers live in Silver Springs, Maryland. I have one brother in Vancouver, Canada and one in Sydney, Australia

**Residence:** Los Altos

## What Was It Like Growing Up in Ethiopia?

Growing up in Ethiopia during Emperor Haile Selassie was pure joy. We did not have much but we had our freedom and people were very happy. When the Emperor was overthrown in 1974, the country went through political chaos.

Hundreds and thousands of lives were lost during the transition. Ethiopia has never been the same ever since.



Sehin Belew at age 12

## How Did You Come to the United States?

I was very fortunate to get a full scholarship to attend Sterling College in Sterling, Kansas. If the college had not given me a full scholarship, I don't know how I would have been able to come to the U.S and get a great education. I am very grateful to Sterling for the opportunity.

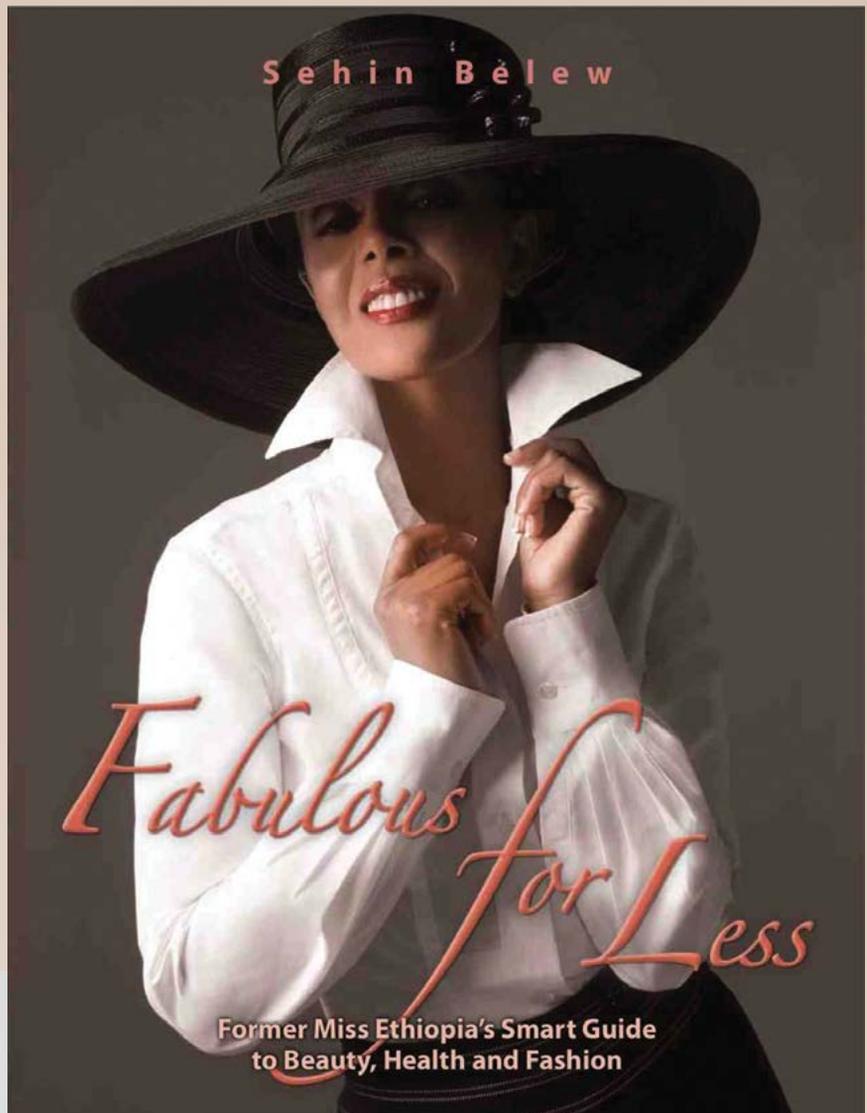
## Your Proudest Achievements to Date?

My #1 proudest achievement by far is the time I spent at two famine feeding camps for two years in the rural areas of Ethiopia during high school. Missionaries from overseas came to Ethiopia during one of the most severe famines. They needed people who were bilingual to work with them. That experience profoundly changed my life. It opened my eyes that no matter what situation I'm in, I am far better off than the majority of the world. That explains why I am statically happy all the time.



Sehlin Belew supports non profits protecting animals

My #2 proudest moment is my first job right after college graduation. I got a job working at a homeless shelter, Home Sweet Home Mission, in Bloomington, Illinois as a Family Life Director. I got that job because I wanted to give back to society. I worked there full-time for five years and it helped me understand what homeless people go through. They're people just like us but not fortunate enough to have good role models in their lives.



Sehlin Belew's Fabulous for Less book is available at [sehlin.net](http://sehlin.net)

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## Tell Us About Your Book: *Fabulous for Less?*

*Fabulous for Less* is a book that has practical and applicable tips on beauty, health and fashion. The book came out as a result of all the questions I was being asked. Having modeled professionally for 10 years, I've learned a lot of beauty secrets and I disclosed all of them in the book. I truly believe that it's a universal truth that when we look good, we feel good.

That is exactly what I tried to do in this book. I share tips on how to look your very best for less money and less time. What separates this book from others is that all the beauty tips and products I talk about are holistic and healthy.

## Secrets of Looking Good after 50?

- The number one secret in looking good at any age is to be selective about what you eat. We are indeed what we eat. As for my diet, I am vegetarian so I eat a lot of organic



fresh vegetables and fruit. Especially now with GMO (Genetically Modified Organisms) food around, we have to make it our business to be inquisitive of everything we buy and consume.

- We have to be physically active. The good news about working out is that we can increase muscle and strength until the day we die as long as we continue to be active. Of course, it's hard to do something you don't like for a long period of time. The key is to find a fitness that you love. If you find something that you enjoy, you will more likely stick to it.
- Another beauty tip is that we need to get quality rest. I sleep in organic bedding. You spend 1/3rd of your life in bed and you definitely don't want to subject your body to hundreds of chemicals found in conventional bedding. I have information in my book where people can buy organic bedding.
- Lastly, avoid all negative thoughts and dwell on positive thoughts. People who are positive are happier, look younger and have more energy.

### **How Do You Live an Extraordinary Life?**

The secret to living an extraordinary life is to first and foremost to find your passion. Once you find your passion, do whatever it takes to live your dream. It will not be easy but it's worth every effort. Your passion is what you are made for so you owe it to yourself to live the life you were meant to live. Only then can you experience an extraordinary life.

### **What Is Your Biggest Challenge?**

My challenge is more on the personal side. I do want to meet the right person and get married yet I have not even been able to date in the past six years. Somehow, the Bay Area does not seem to present the opportunity to do so.

## Are You Still Modeling?

When I was younger, I did glamour and fashion modeling. Now, I do lifestyle modeling because this type of modeling does not have the extreme requirements the other two categories have. Glamour and fashion modeling require a flawless body. This pertains to your weight as well as your shape.

You need perfect skin, hair, nails and teeth. It's no wonder that young people feel depressed when they see fashion magazines because the picture Hollywood paints for beauty is unrealistic.

## How Do You Stay Active?

I still teach dance at Google periodically. I also go ballroom dancing weekly. I go for walks in different parks. In addition, I go to the gym three times a week for strength training.



Outlet price for suit and blouse: \$350



Strength training at gym

## Goals for 2015?

I have set a financial goal for my speaking business that I want to achieve in 2015. I support a lot of charities that work with Third World children as well as working for animals, horses and donkeys which are mistreated. In order to make a big impact in the world, I know that I have to have big goals and dreams. When I succeed, the world succeeds.

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Sehin Belew is an accomplished motivational speaker, image consultant and author. She has been featured on dozens of television, radio, magazines and newspapers to talk about her book and her message that empowers people to live their dream. Shehin is also a humanitarian who has traveled nationally to speak on behalf of Third World children and animal rights. She has held numerous fund raising events for organizations such as World Vision, Food for the Hungry, SPANA (Society for the Protection of Working Animals Abroad) and PITA.

To book Sehin for a speaking engagement, image consulting or to get a copy of her book, you may contact her at: [www.sehin.net](http://www.sehin.net), [sehin@sehinbelew.com](mailto:sehin@sehinbelew.com) or 650.714.3311.