

SPEAKER ONE-SHEET

Shelia Bruno

CLC, CTSS

PICS-Informed Educator & Trainer • Speaker • Author
Founder & CEO, Wife After Prison™

Bringing the hidden impact of incarceration into the conversation.



ABOUT SHELIA

Shelia Bruno speaks to reentry, parole, corrections, workforce, and community audiences about Post-Incarceration Syndrome (PICS): the adaptations people develop during prolonged incarceration and how they shape life, work, and relationships after release. She draws on her own family's reentry journey and years of work with incarcerated and returning citizens.

SIGNATURE TALKS

The Second Sentence: Understanding Post-Incarceration Syndrome

Keynote or workshop. How prison shapes thinking, emotions, and relationships after release, and what families, staff, and communities can do with that understanding.

PICS-Informed Staff Training

A 2½-hour training for reentry, parole, housing, and workforce teams to recognize incarceration-related adaptations and respond with a shared language.

Reentry & Relationships

Keynote or panel. Family reunification and the voices of loved ones who carry reentry alongside the returning citizen.

FORMATS

Keynote • Workshop • Panel • Staff Training

In person or virtual, including live on the big screen for conferences and correctional facilities.

BOOKS

The Second Sentence: Understanding Post-Incarceration Syndrome

Wife After Prison: Caught in the Aftermath

SELECTED ENGAGEMENTS

- **Keynote**, Building Stability Summit, New Day Employment Network, Joliet, IL (Dec 2026)
- **National Speaker**, Statewide Returning Citizens Summit, Mercer County Reentry Coalition, Trenton, NJ (2026)
- **Workshop Facilitator**, Connecting 4 Justice International Conference, Las Vegas, NV (2025)
- **Featured Speaker**, Reentry and Relationships, Indianapolis, IN (2025)
- **Two-Day Virtual Workshop**, High Desert State Prison, CA (2025)
- **Virtual Workshop**, Lee Adjustment Center, KY (2025)
- **Speaker**, NARP Reentry Conference, Franklin, TN (2024) and Pensacola, FL (2023)
- **Panelist**, National Returning Citizens Virtual Conference, sponsored by the 400 Years of African American History Commission (2022)

MEDIA & PRESS

Featured on radio and podcasts in the U.S., London, and Australia, including WRBB 104.9 FM Boston, the RC4RC Podcast, weekly radio interviews in Australia, and *Returning Citizens Magazine*.

Book Shelia

Free 20-minute discovery call: calendly.com/wifeafterprison

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