

Sheila Arnold – Biography Short

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Sheila Arnold has a talent for storytelling, a passion for history, and compassion for people. She provides Storytelling, Historic Character Presentations, Christian Monologues, and Professional Development for schools, festivals, churches, and organizations nationally and internationally. She is co-founder and Artistic Director of Artists Standing Strong Together (ASST) a source of inspiration, strength and action in the storytelling and artists world. Sheila has been honored as a 2021 MacDowell Artist Fellow, a 2020 Mt. Vernon Research Fellow and a 2019 Hewnoaks Artist Colony summer residence Noted Artist. Sheila lives in Hampton, VA near her son, grandsons, and parents.

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Sheila Arnold, fondly known as Ms. Sheila, has been presenting Storytelling Programs, Historic Character Presentations, Christian Monologues, Professional Development and Inspirational/Motivational Speaking for schools, festivals, churches and organizations nationally and internationally since 2003. Sheila is also an Historical Consultant for museums, historical societies and organizations. One of Sheila's greatest joys is being the co-founder and Artistic Director of Artists Standing Strong Together (ASST), which formed during the 2020 COVID-19 crisis, and continues to be a source of inspiration, strength and action in the storytelling and artists world. Sheila has been honored as a 2021 MacDowell Artist Fellow, a 2020 Mt. Vernon Research Fellow and a 2019 Hewnoaks Artist Colony summer residence Noted Artist. In the past she has worked as a Drama Ministry Director; Colonial Williamsburg employee; Substitute Teacher; and Social Worker for aggressive teens with emotional problems.

Sheila lives in Hampton, VA, near her son, Kristopher; her two grandsons, Brooklyn & KJ; as well as, her father and stepmother, Wallace & Vera Arnold. She communicates often with her Atlanta-based sister, Stephanie.