

SHIESHA BELL

Executive Director, LIFE Skills Foundation

<https://www.lifeskillsfound.org/>



Shiesha Bell is a Licensed Clinical Social Worker and Executive Director of LIFE Skills Foundation, a Durham nonprofit supporting young people through transitional housing and wraparound services. She joined LIFE Skills at its inception as a therapist, later serving as Housing Director and Director Programs before becoming Executive Director.

Her career has centered on teens and young adults facing homelessness and limited resources. Having worked alongside youth and led the programs that support them, she understands their everyday challenges and what it takes to build responsive services. She finds purpose in leading an organization that helps change the trajectory of young people's futures, creating opportunities for stability, independence, and goals that once felt out of reach.

Originally from Rocky Point, near Wilmington, Shiesha earned her bachelor's in psychology and master's in social work at NC State University, where she met her husband. After graduation, they made the Triangle their home.

Now joined by her seven-year-old sister and dog, Chadwick, she enjoys new restaurants, crocheting, family trips, and cheering on the Wolfpack. Above all, she enjoys building a life with her husband and raising an amazing seven-year-old who keeps them both on their toes.