



Coaching provides tools, support and structure to accomplish more!

I work with people who are committed to making exciting changes to reach their potential. If you are ready and willing to do the work, I am your coach. I won't allow you to let yourself down.

"Champion Mindset Consulting has the best techniques on the planet for helping you make the changes you need easily and at lightning speed. My experience with Shelley Taylor-Smith was extraordinary. In five (5) short hours my problem was gone and I was moving forward fast - applying all my power as a trainer to my business. It's incalculable what this success coaching is worth - you cannot invest if you value your future."

Rod Diamond, Strength & Conditioning Fitness Trainer, Massage Therapist, Tennis NSW

Business Coaching

- + Communication skills, Managing teams
- + Time Management, Goal Setting
- + Attitude vs Skill in business
- + Future visions and confident leadership

Personal Development Coaching

- + Self esteem issues, body image, anxiety
- + Managing your time, Relationships
- + Confidence, self belief
- + Future visions and clarity of purpose

Performance & Athlete Coaching

- + Building balance to achieve your potential
- + Building confidence on & off the field
- + Managing your time and you life
- + Enhancing your image as a well organised, well-balanced athlete
- Group Workshops / Short Courses
- + Business Group Workshops/Motivational Sessions
- + MOST POPULAR 4 week individual program

Each program is Taylor-Made to meet individual and team needs.

For more information please contact Shelley Taylor-Smith on 1300 78 41 70