



## 1. Create Your Own Champion Mindset

Passionate & Powerful Shelley Taylor-Smith at her best - advises to stop playing it safe and start creating what's truly possible in life by stretching yourself, taking risks and surrounding yourself with your very own positive, supportive team spirit.

Learn how to stop bumping into your potential every now & then, discover the keys to consistent performance and transform your potential into performance on how to:

- Step up, out of your comfort zone and commit to higher goals
- Recognise negative people and detoxify them from your life
- Challenge yourself and put your fear of failure to rest
- Maintain your thirst and stay hungry making "no" your daily vitamin (motivation)
- People don't fail because they aim too high and miss, but because they aim too low and hit
- Why passion, planning and focusing on what matters most are the Golden rules today

## 2. Success Strategies of World Champions

Shelley Taylor-Smith reveals the success strategies of Champions who achieved their outcomes – ordinary, every day people in all walks of life. Shelley presents motivational ideas and principles that are followed by provocative questions and action exercises to help you apply the strategies to create your own success!

You'll learn how to:

- Increase your income
- Achieve your goals
- Eliminate your doubts & fears
- Actualise your full Champion potential
- Know your Winning Attitude

Master these strategies so you:

- ✓ Don't confuse to-do lists with plans of action.
- ✓ Do not compromise your beliefs and standards but at the same time be tolerant of others.
- ✓ Know the difference between the three truths: Your truth, their truth, the truth.
- ✓ We cannot always control our reaction but we should always control our response.
- ✓ Appreciate that you can depend on others but have them respect the fact that they can depend on you.

## 3. Success - It's All in the Mind. How to out-motivate your competitors whilst you encourage them along the way.

Watch and learn while Shelley presents 7 practical ideas on how to:

- See people who don't want to see you then make them glad they did
- Think big and creatively as you step out of your comfort zone
- Develop and maintain relationships in creative ways
- Become an 'attractive' magnet, attracting clients and customers
- Prevent clients or customers from draining you
- Turn no into yes, knowledge into power, ideas into action that will have your competitors drawing and your clients/customers begging.



#### **4. Value the Real Champion in You without getting burn out!**

Learn why it's in YOU to create successful, happy and healthy relationships.

When you get to work in the morning, is it where you want to be? And when you go home at night, is that where you feel good and safe? Being able to answer yes to both questions is the key to happiness, success and wealth, according to Motivational expert Shelley Taylor-Smith.

With a little humour and lots of reality checks, Shelley shares ideas on how to:

- Know and understand yourself to improve relationships with significant others
- Communicate effectively with yourself and others
- Handle negative feedback without getting upset
- Work at your best without burning yourself out
- Make the right choices to be healthy and of sound mind and body
- Feel good about yourself and be totally happy being you in the presence of others from work to home

#### **5. Make it happen now and live the successful life that is your birthright to achieve.**

Live life at a more purposeful level that guarantees satisfaction and success!

Hailed as one of the most passionate & patriotic Australians, Shelley Taylor-Smith knows the secrets of success in business and life. She is referred to as the respected motivational expert, disgustingly positive and Dr Tough Love for her knowledge of human behavior. Whether coaching CEO's, small business owners or Olympians, Shelley is down to earth, relatable and knows her stuff.

It's time to awaken from the snooze to your unlimited power of the Champion within you as you:

- Explore Shelley's unique view of today's world and opportunities within it
- Learn 3 ways to improve yourself and take advantage of those opportunities
- Discover how to attract success by becoming an "attractive" person
- Understand the 5 major pieces of the life puzzle
- Get Shelley's short list for living a sensational life



## **6. Power through Pressure, Stress Less, Achieve Success and Live Longer in Sensational Style.**

Champion stress in your life and achieve success! Regardless of what is thrown your way in work and life, sustain your momentum to work under pressure. Take responsibility and ensure yourself a longer life. The Taylor-Made Solutions shared are so effective that you will be wishing you knew about them much sooner. Shelley brings all these strategies, mindsets, tools and techniques together to provide you with a proven stress management system.

You need to know how to:

- Become resilient to pressure and bounce back from daily setbacks and obstacles.
- Redirect your focus and achieve what matters most to you.
- Release stress and revitalise your attitude to maintain your staying power.
- Work at your best from a physiology of excellence.
- Turn stress into energy and enthusiasm, your motivation and fuel in the tank.
- Live a realistic lifestyle whilst enjoying a balanced work-style.
- Work to live valuing you and connecting with your family and friends.

## **7. Can you believe it? How to use the power of belief to achieve anything you want (the size of your success is determined by the size of your BELIEF)!**

Learn how to use the power of belief to change yours and your team. Belief and desire are the beginning of all achievement. If one of those key ingredients is missing, success is almost impossible.

That might explain why a lot of people get excited about an idea (desire) but fail to follow through with it (belief). It's rare that we will attempt to do something that we don't believe in, and we will never give 100% of our effort to something without a strong belief that we can do it. It's our human defense mechanism.

This one-of-a-kind presentation by Shelley Taylor-Smith is designed to:

- Change the way you think and deal with the obstacles and difficulties in your life.
- Identify the personal changes you need to make --- and then provide the impetus to make them.
- Teach you how to bounce back from setbacks, disappointments, and problems.
- Show you just how close you are to moving to the next level of achievement in your life and your goals -- and how to get there.
- Teach you how to use the most powerful six-word "secret" in the world.
- Help you learn how to overcome negative circumstances.
- Banish, once and for all, the fear and limiting belief that you are not good enough, not smart enough and don't have what it takes.