



"If you want conservative, inside-the-lines, and predictable, then Shelly is not your woman. If you want the consummate professional with an edge and a quick wit who can deliver lots of fun and engagement in spades, then hire Shelly. We adore working with her and look forward to many more opportunities to do so in the future!"

EMMA ISAACS, FOUNDER/GLOBAL CEO BUSINESS CHICKS

SPEAKER

SHELLY HORTON

TV JOURNALIST, MC & KEYNOTE SPEAKER

LOOKING FOR A POLISHED PROFESSIONAL MC YOUR NEXT EVENT? SHELLY HORTON IS ALL THAT AND MORE.

An exemplary master of ceremonies, Shelly comes well prepared and researched, attentive to her client's needs and committed to driving a successful event. More than a safe pair of hands, Shelly is the magic dust to making events soar due to her unique ability to blend client messaging with a great sense of humour, an authentic and engaging style, the ability to think on her feet, (a skill she's honed as a seasoned journalist and television presenter) and the confidence that comes with decades of hosting events.

Her illustrious 25-year career encompasses significant roles, including 11 years as a reporter for ABC, 8 years as a presenter for Channel Seven, 6 years in journalism with Fairfax, and a 5 year stint as the South Pacific correspondent for Entertainment Tonight USA. In her eight-year tenure at Channel 9, Shelly has been a weekly feature on shows such as TODAY, TODAY EXTRA, and Weekend TODAY, where she contributes opinion pieces. Additionally, she holds the position of lifestyle presenter for 9Honey and hosts programs like Talking Honey, He Said/She Said, and the spin-off to Married at First Sight, Talking Married.

Shelly is also the founder of ShellShocked Media, a company specialising in media and speaker training where she trains others on everything they need to know about delivering the perfect interview or keynote. She's also a seasoned speaker herself and her keynote addresses, delivered both locally and internationally, are renowned for being motivational, practical, and inspirational.

SPEAK WITH IMPACT

Next to spiders and heights public speaking is one of the most common fears. In an electrifying keynote Shelly will teach you to control that fear, polish the way you present and learn how to get your messages across convincingly.

She will reveal the tips and tricks of the trade and the transformative power of simple physical exercises.

Need to conduct effective sales meetings; pitch a new idea to your boss, conquer team meetings, navigate difficult conversations with ease, and own networking events, then it's all in the way you communicate and in this presentation, Shelly shows you how.

THE ART OF SMALL TALK

Fear small talk no more and walk into a room of strangers with ease. Whether it's compulsory work functions or business savvy networking nights, learn from one of the best in the business about the art of introductions, tips on how to remember names, techniques to use to extract yourself from dull conversations, ideas on how to fill awkward silences and most importantly how to leave a positive impression at any event.

MENOPAUSE IN THE WORKPLACE

Shelly turned her debilitating menopause experience into a mission. She co-created "Don't Sweat It," with Dr Ginni Mansberg, a company that stands at the forefront of advocating for menopause-friendly workplaces. Shelly's unique combination of lived experience advocacy, legislative action, and science-based education positions her as more than just a speaker; she's a catalyst for transformative change. By embracing menopause friendly workplaces, you boost productivity, slash recruitment costs, and foster a culture of inclusivity and equality. It's time to ditch the stigma, cut down sick days, and sidestep legal headaches. A menopause-friendly workplace isn't just smart business – it's the future!

SHELLY IS AVAILABLE FOR:

- MC & EVENT HOSTING
- PANEL MODERATION
- KEYNOTES & WORKSHOPS
- MEDIA TRAINING

For more, contact simone@thelifestylesuite.com

www.thelifestylesuite.com

