



EXPERT BIO

SHELLY HORTON

TV JOURNALIST, MC AND WOMEN'S HEALTH ADVOCATE

SHELLY HORTON IS THE PERSONIFICATION OF CONFIDENCE.

She's a TV journalist, sought after MC, Women's Health Advocate and runs her own company ShellShocked Media where she teaches media and presentation training. She runs The Confidence Course where she helps people find their inner Beyoncé.

For nearly eight years, Shelly has appeared weekly on Channel Nine delivering opinion segments. She's the lifestyle presenter for 9Honey, the host of 9Honey's Talking Honey, He Said/She Said with Ben Fordham and was the host of all three seasons of Married At First Sight's spin off show Talking Married.

She has been a long-time advocate for women's health including publicly speaking up to destigmatise topics such as a woman's choice to be childfree, PCOS, dense breasts, depression and perimenopause and menopause. She has co-created online courses about confidence, health advocacy and menopause in the workplace.

She's an ambassador for the National Breast Cancer Foundation, Too Good, Pink Hope, HER Mental Health and a member of the International Menopause Society.

Her 30-year career highlights outside of Nine include, 11 years reporting for the ABC, eight years as a presenter on Channel Seven,

six years as a journalist at Fairfax and five years as the South Pacific correspondent for Entertainment Tonight USA.

Her background in live TV means she's super comfortable in front of a crowd. She has been the MC and hosted Q&A sessions for large events including corporate events for over 2000 people, charity fundraising galas for over 1000 people, champagne lunches of 100 or beauty breakfasts for just 40.

Shelly has a good sense of humour and can think on her feet. She knows how to relax a crowd or excite a group as needed. Her motto is the 5Ps (Prior Preparation Prevents Piss poor Performance) so she's always well prepared, well researched, arrives early and ensures the VIPs are made to feel special.

When it comes to keynote addresses Shelly uses her skills as a media and presentation trainer to offer tips on how to present with confidence. Her speech at a conference in Fiji, "How to nail your next presentation", received five-star reviews for the practical and entertaining content.

Shelly is available for media & PR opportunities, corporate hosting and speaking and brand partnerships.



For more, contact hello@thelifestylesuite.com

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