

# Shannah Kennedy

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## *Health and Wellness Coach*

Shannah Kennedy is an Australian business and life coach. She brings evidence-based skills and positive behaviours typically acquired during retreats into the boardroom with workshops and delivers thought provoking keynote presentations to broader audiences.

An Advanced Certified Coach and NLP practitioner in Mind, Emotional and Business Matrix through Mind Power Global, she works with individuals, groups and companies, coaching athletes, senior executives, sales teams, individual business owners, employees and contractors to achieve health awareness and wellbeing.

The author of *Simplify, Structure, Succeed* and *The Life Plan, Simple*, Shannah wisdom is often sought out by the media including The Age, Sydney Morning Herald Business Day, BRW, Marie Claire, Herald Sun, Women's Health, Coach, Management Today, The Australian Financial Review and Sunday Life.

Shannah has run coaching workshops and delivered keynote addresses to major organisations including Bank of Queensland, Sportsgirl, Suisse Vitamins, ING Corporate, Mercedes-Benz, Aussie Home Loans, Mortgage Choice and Epworth Hospital Group.

Her workshops and speaking appearances are designed to be structured, informative and fun. Every participant walks away with a clear understanding of how they can be more focused, better organised, and with a plan for their future and a knowledge of the steps needed to get there.

Married with two children, Shannah lives by her words. Her own health and wellbeing is her priority, authenticity her motto, and being the best version of yourself professionally and personally daily is her commitment to self.



## **Client testimonials**

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“ The recently run nationwide Masterclass of Wellness for NAB worked very effectively for our financial planning teams. This engaging presentation was well-crafted, thought provoking and exceeded our expectations. The key wellness concepts and ideas you presented are already making a difference in the way our team approach their day. It gave everyone the much needed opportunity to bring wellness to the forefront

**- NAB**

“ For our team it helped to raise self-awareness and helped to boost focus, creativity and motivation. Lyndall and Shannah gave a variety of skills and techniques to equip our team with the resources to be the best version of themselves both personally and professionally

**- Tomorrowland Group**

“ I engaged Shannah as a specialist in structure and time management as I made my transition from a career at an investment bank into my own business. Shannah’s approach was highly valuable in ensuring that I created a solid framework for growing my business and retained a core focus on the most important things to my business and to me personally.

**- Brownbill Consulting**

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