

Shelley's Still Making a Splash (AUGUST 2, 2004)

MANLY DAILY

World champion marathon swimmer Shelley Taylor – Smith knows the power of the mind over matter. Now Shelley wants to share what she has learned through a new motivational program for girls.

“I just loved swimming but I was absolutely pathetic at it,” says Sydney based Shelley, who suffered from Scoliosis and wore a back brace for all of her high school years.

“Where we want to go in the future starts with our mind, so I believe that anybody can become a champion once they know the power of their mind.”

Having decided she'd never succeed in swimming in high school when she missed out on Olympic selection and her biggest hero, her dada, died, it was a car accident that forced Shelley back into the pool for rehabilitation.

“I was a very angry and bitter person,” says Shelley 42, who is constantly praised for her positivity. “I just decided to change my mindset. Being positive is free and legal.”

Shelley, who runs motivational seminars through her company, Champion Mindset, is now bringing her life mantras to the people. Part of the Sister 2 sister project – a five day mentoring course created by former teacher and life coach, Jessica Brown. Shelley inspires underprivileged girls throughout Sydney.

The program exposes the girls to as many positive role models. It sends them on a bridge climb, a dinner with the stars; make up and grooming lessons and builds them up with skills to creating a “killer” resume.

“I didn't realize that I needed help,” says Kristie Fuller, 16, who took part in the program after leaving school in year 11 when her dad had a liver transplant. She is now on track to complete a nursing degree.

“I think my life would have taken a very different track if I hadn't done the project. Now, I'd like to be a big sister one day,” she says.

If you would like to take part in the SISTER 2 sister mentoring program, visit www.lifechangingexperiences.org or call 1300 553 629