

Focus On Your Goals, Students Advised-Manly Daily February 2005

CHAMPION marathon swimmer Shelley Taylor – Smith reminded local high school students of the importance of setting goals and remaining focused on achieving them.

Miss Taylor Smith was speaking to student representatives from local high schools last week about her role as public ambassador for the SISTER 2 sister program, in which successful women act as mentors to younger women struggling with traumatic experiences in their lives.

Such experiences can include a death in the family, rape, physical or emotional abuse, family breakdown and impoverishment.

The SISTER 2 sister program is run by the LIFE Changing Experiences Foundation.

Miss Taylor – Smith has acted as mentor to young women needing a role model from whom to learn.

Speaking from her experience as a champion marathon swimmer, Miss Taylor – Smith said she had fought back from chronic fatigue syndrome to become a champion.

“You can achieve anything if you really want to,” she said.

“It’s important to know what you want to achieve.”

She cited the importance of being focused and even of using distractions to gain that focus.