



## A BIT ABOUT ME

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I have been in the health and fitness industry for 20 years and I view fitness and health as an integral way of life! I believe that having an overall healthy approach to life is the way nature intended us to live and I hope to inspire others to share this view.

I have been a primary school teacher and have taught Physical Education to all year levels.

I spent eight years teaching year six students how to live with a growth mindset and I strongly believe that what we think determines what we do and ultimately who we are. It is for this reason I will assist my clients to be both physically and mentally fit and support them in the development of confidence, so they can be the best version of themselves in a fun, safe environment!

## EDUCATION & TRAINING

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- Bachelor of Education
- Cert 3 & 4 in Fitness
- Certificate in Boxing (Punchfit)
- Diploma in Children Service
- First Aid

## TRAINING INTERESTS

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- Growth Mindset Training
- Functional Training
- Strength and Conditioning
- Group Fitness



# SHARON

GROUP FITNESS

“ If you truly want to excel in life, you need to surround yourself with the right people and be willing to have them force you out of your comfort zone! ”

**GET IN TOUCH**

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