

# Human Elevation with Colleen Callander & Shannah Kennedy

## *Two Women, One Mission, Elevating Humans*

Shannah Kennedy a master life coach and life planner with 20 years of experience, has coached elite athletes, CEOs, entrepreneurs, high-performing executives, and teams. Her expertise empowers clients to take control of their lives, achieve their visions, and reach their goals. The author of the global bestseller *The Life Plan - Simple Strategies for a Meaningful Life* and six other acclaimed Penguin Random House books, Shannah's impact on countless lives is profound.



Colleen Callander, with an impressive 30-year retail career, served as CEO for two iconic Australian fashion brands: Sportsgirl and Sussan. Her wealth of knowledge and track record in building brands and establishing winning cultures has inspired and empowered people throughout her career. Colleen is also the author of 'Leader by Design - Be empowered to lead with confidence in business and in life'.

Both in their 50s, Colleen and Shannah are at the pinnacle of their careers, balancing family life and peak fitness while working with leaders at some of the nation's leading brands. They understand the significance of investing in a long-term life and action plan, which revolves around three key pillars of success: LIFE, LEADERSHIP & LONGEVITY.

They are a dynamic duo with decades of expertise, passion, commitment, and are transforming lives and leadership, elevating individuals and organisations to unprecedented levels of success.

## *Colleen and Shannah Talk About*

Shannah and Colleen are two of the most dynamic keynote speakers and thought leaders known for their expertise in leadership, health and well being, and high performance. In their High Performance Living keynote presentation, they will energize, educate and empower you to develop a sense of purpose and direction. You'll learn sustainable strategies and foundational practices in leadership, health, well being, and self-care to excel in all areas of your life, personally and professionally. Get ready for a transformative experience that will inspire you to achieve optimal performance.

## Leadership and Management

- Mastering self-leadership and building a foundation for success
- The power of self leadership and playing a bigger game

## Health & Wellbeing

- From exhaustion to empowerment - overcoming burnout
- Elevating your performance : the self care solution

## High Performance Living and Personal Development

- Build your personal masterplan for high performance living - unlocking your full potential
- The pathway to high performance and personal growth

## Testimonials

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“ The HUMAN ELEVATION workshop gave me the time to breakdown the different areas in my life that need more focus and set clear goals for the future.

- *CEO and Co-Founder Be Fit Food*

“ Shannah and Colleen exceeded expectations! They delivered with passion, empathy and conviction a bespoke program that packed a punch with high performance living life hacks. Informative, entertaining, educational, authentic & practical. Shannah and Colleen delivered high performance information that inspired staff to take immediate action to ELEVATE.

- *CEO Complete Skin Clinics*

“ Informative, Practical, Inspiring - what a dynamic duo! Highly recommend for any organisations wanting to elevate their employee engagement and retention.

- *Chief Supply Chain Corval Group*

[VIEW SPEAKER'S BIO ONLINE](#) 