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[www.sheb.com.au](http://www.sheb.com.au)



Sheb

## **CALM IN CHAOS STRENGTH UNDER PRESSURE**

- Transforming High-Performing Cultures With Leadership & Workplace Wellbeing
- Injury Prevention & Stress Reduction Through a Martial Artist Mindset

MEDIA KIT

# Meet Sheb

## CALM IN CHAOS STRENGTH UNDER PRESSURE

### **High-Energy, Engaging, and Immersive Presentations That Inspire Calm and Connection**

Sheb Giner stands out as the only speaker combining a martial artist's mindset with crystal bowl sound healing, delivering a one-of-a-kind experience that helps people find calm, focus, and resilience in any situation. With over 10 years in martial arts and nearly 20 years' experience in WorkCover and occupational rehabilitation, she brings both credibility and embodiment to every presentation.

Sheb delivers a unique sensory experience that strengthens the mind, body, and spirit while equipping audiences with practical tools for resilience. Drawing on her expertise in martial arts, occupational rehabilitation, and workplace wellbeing, she highlights the transformative power of setbacks, discomfort, and external pressures, teaching participants how to harness inner strength, manage stress, and maintain composure under pressure.

Through her signature fusion of movement, stillness, and embodied awareness, delegates learn:

- Injury prevention strategies to protect the body and sustain long-term performance
- Coping mechanisms to navigate challenges and recover quickly from stressors
- How to reclaim power, confidence, and clarity, embodying the martial artist's mindset of balance, resilience, and mastery

Sheb's keynote equips leaders and teams to perform sustainably, thrive under pressure, and cultivate cultures of calm, focus, and connection.



## WHO I WORK WITH

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- **HR & Workplace Well-being Programs** – Resilience training, stress management, and leadership growth to enhance workplace performance.
- **Wellness Retreats & Spas** – Immersive healing experiences combining sound baths, movement, and mindfulness for relaxation and renewal.
- **Women's Leadership Conferences** – Empowering women to reclaim confidence and leadership through embodiment practices.
- **Luxury Hotels & Resorts** – High-end wellness experiences featuring meditation, movement, and sound therapy for guest well-being.
- **Personal Development Conferences** – Guiding individuals through mindset shifts and transformational growth for resilience and self-mastery.







## THE STUFF I UNTANGLE

- ✓ Communication Skills
- ✓ Emotional Intelligence
- ✓ Resistance to Change
- ✓ Resilience
- ✓ Employee Well-being
- ✓ Mental Health Concerns
- ✓ Build a Positive Culture
- ✓ Team Building
- ✓ Leaders Lead by Example

"There are no quick fixes on the path to mastery. Embracing the martial artist mindset is the secret to making peace with discomfort"  
- Sheb G





## PRESENTATION HIGHLIGHTS

- ✓ **Calm Amongst the Chaos**  
Mastering Resilience and Flipping Chaos into Lasting Solutions.
- ✓ **Leading with Zen:** Master and Unwind to Leave Burnout Behind.
- ✓ **Heart-Powered Leadership:**  
Crafting Unstoppable Confidence that Radiates Fun and Fearlessness.

"Setbacks are not just inevitable, they are an undeniable part of the journey we call life. Setbacks are the catalysts that **ignite your inner strength**"  
- Sheb G

## Testimonials

“Sheb was fantastic in today's presentation I really enjoyed it. It was high energy sheb's a joy to have especially after lunch when you can be a little bit tired but certainly, the energy she brought it A game it was awesome.

*PJ Patterson - CEO Intrepid Wealth*

“Sheb's energy her enthusiasm and just her passion for what it means to be a successful leader was something that I will take away from today. The idea that the more you lean into pressure in a stressful situation the more power I had to get myself out of it.

*Yasmine Shah - Managing Director*

# Service Offerings

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## **Keynote Speaking**

Sheb is a compelling speaker who shares leadership wisdom inspired by Brazilian Jiu-Jitsu and the healing power of crystal sound baths. Her presentations blend movement and vibrational healing, focusing on growth, adaptability, resilience, teamwork, and strategic thinking for sustained professional and personal development.

## **Workshops and Corporate Training**

Sheb provides interactive, skill-based learning, emphasising practical strategies, team collaboration, and effective problem-solving to boost organisational performance and efficiency.

## **Group Coaching**

Sheb's group coaching sessions foster collective growth, emphasising shared learning, goal alignment, and collaborative strategies to enhance team dynamics and increased productivity.





# Pricing Structure

## CALM IN CHAOS STRENGTH UNDER PRESSURE

Sheb offers a unique experience that blends powerful strength with gentle healing. Through the fusion of martial arts techniques and sound bath therapy, participants are guided on a journey of both physical empowerment and emotional release. This transformative practice cultivates resilience, helping individuals harness their inner strength while soothing the mind and body with restorative vibrations.

<b>50-minute Keynote</b> (includes all research and preparation):	From \$2,500
<b>1/2 day Intensive:</b>	From \$3,500
<b>Full-day Intensive:</b>	From \$5,000
<b>Education/Charity/*International:</b>	Quote on request
<b>12 Week Program</b>	Quote on request

Prices are indicative.

\*International fees are in USD except for NZ



# Book Sheb Now

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STRENGTH UNDER PRESSURE



## LET'S CONNECT

Connect with Sheb for transformative, experiential keynotes that merge crystal sound baths with martial arts wisdom for modern leadership. Ignite resilience, navigate change with confidence, and lead with authenticity. Elevate your event with dynamic, science-backed insights and unforgettable experiential moments.



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