



# SHELLY HORTON

TV JOURNALIST, MC & WOMEN'S HEALTH ADVOCATE

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## SHELLY HORTON IS THE PERSONIFICATION OF CONFIDENCE.

She's a TV journalist, sought after MC, Women's Health Advocate and runs her own company ShellShocked Media where she teaches media and speaker training. She runs Speak with Impact workshops where she helps people find the confidence to promote their own business on-camera.

Her 30-year career encompasses significant roles, including 11-years at ABC, eight-years at Channel Seven, six-years with Fairfax, and five-years for ET America. In her current nine-year tenure at Channel 9, Shelly has been a weekly feature on TODAY and TODAY EXTRA. Additionally, she's hosted programs like Talking Honey, He Said/She Said and Talking Married. She's also the host of the official Married and First Sight podcast.

She has been a longtime advocate for women's health including publicly speaking up about, and even campaigning in parliament, to destigmatise topics previously considered taboo, including a woman's choice to be childfree, light bladder leakage, dense breasts, heavy periods, perimenopausal depression and all aspects of menopause. She has co-created online courses about confidence, health advocacy and menopause in the workplace.

Her background in live TV means she's super comfortable in front of a crowd. She has been the MC and hosted Q&A sessions for large events including corporate events for over 2000 people, charity fundraising galas for over 1000 people, champagne lunches of 100 or beauty breakfasts for just 40.

Shelly has a great sense of humour and can think on her feet. She knows how to relax a crowd or excite a group as needed. Her motto is the 5Ps (Prior Preparation Prevents Piss poor Performance) so she's always well prepared, well researched, arrives early and ensures the VIPs are made to feel special.

When it comes to keynote addresses Shelly uses her skills as a media and presentation trainer to offer tips on how to present with confidence. Her speech at a conference in Fiji, "How to nail your next presentation", received five-star reviews for the practical and entertaining content.

Shelly is available for media & PR opportunities, corporate hosting and speaking and brand partnerships.

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