



MELISSA SHERIDAN MCNABB

COACH / FACILITATOR
SPEAKER / CONSULTANT

CONTACT ME

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COACHING AREAS OF FOCUS

- Wholistic health and wellness
- Men's empowerment and wellbeing
- The sacred motherhood experience
- Change Management - personal and organisational
- Self acceptance
- Reclaiming self

ATTRIBUTES

- Authentic
- Reliable and professional
- Organised
- Empathetic
- Compassionate
- Great communicator
- Solutions-focused
- Spiritual
- Innovative
- Logical
- Visionary

ABOUT ME

Melissa Sheridan McNabb's purpose in life is to help empower men and women to reclaim their power and live their unique magic. She has a rich history of life experiences to call on when speaking at an event, facilitating a workshop or coaching a client.

Melissa has had the courage to, with no income, leave an unhealthy marriage with two small children in tow and has continuously reclaimed her own life, first training to be a massage therapist where she went on to become one of the most sought-after at elite level in NRL, Grand Prix and Volleyball teams and then on to start her own coaching business, *Courageous Coaching*.

With athletes on the massage table Melissa became a quasi-counselor and discovered there was a strong connection between muscular performance and mindset so she studied psychology and later developed her own programs to use in her work as a keynote speaker, workshop facilitator and coach.

Through her work Melissa has helped people to find their "why", seek out their potential and live the lives they are destined to live. Her programs cover topics such as mastering change, reclaiming the joy of motherhood and nourishing your body to live life to the fullest. Her coaching work has helped her clients, lose weight and keep it off, navigate leaving an abusive relationship or to have the courage to conquer a career goal.

TESTIMONIALS

*"I feel fierce and confident and brave, and the thing I was scared of that started the pattern hasn't happened at all... Mel you're a **** legend, something so simple for you to pick up, is a game changer for my life"*

- Kelly P

"I love how real and passionate you are....this definitely created that warm, safe place for all to open up and share, especially me!! I actually am still shocked I spoke about my pain and struggle. I thank you for giving me the "courage" to say it out loud for the first time. Look forward to the change coming!!!"

- Kat H

"She has the ability to look at things from many angles and has the ability to unlock the pieces of the puzzle to guide you in directions that you never thought possible. So, if you're not sure where to turn or what's next, do yourself a favour and contact Mel. I promise you won't regret it."

- Belinda C

Contact Melissa to see how she can help you.