

Biography and Fact Sheet Shiona Long

Shiona is a *Certified Coach* with *The True Purpose™ Institute* (USA), founded by Tim Kelley. She is proud to be the first Australian to be granted this honor. She holds a *Diploma of Life Coaching* from *The Coaching Institute* and is an *Accredited Professional Coach* with *The Australian and New Zealand Institute of Coaching (ANZIC)*.



Shiona started her career as a classroom music teacher. It soon became apparent that she could adapt to anything. Ten years later she closed the chapter on her teaching career with Music, Drama, Media, Psychology, Geography and English as subjects taught! No regrets, it was time for something new.

Her fondest memories were when encouraging students to passionately follow their dreams. Whether it was in her role as Music Coordinator, Founder of a program for Gifted and Talented Students or putting together a Rock Eisteddfod or School Production, the common thread was, "express who you are and what you love to the world."

During her teaching career she completed her *Graduate Diploma of Arts Management* from the *Victorian College of the Arts*. Working with organizations such as *Melbourne and Arena Theatre Companies* gave her an insider's view of the challenges faced by leaders of Arts and other Not For Profit and Service Companies.

As a speaker and a coach she has worked with organizations such as

- Karden Disability Support Foundation (KDSF)
- Australian Multiple Birth Foundation (AMBA)
- The Coaching Institute
- Fernwood Fitness

Shiona has helped many people discover their highest purpose and find a career that they love. These include Health Professionals, Teachers, Coaches, Healers, Speakers and Managers.

Possibly Shiona's greatest achievements and greatest lessons have come from her family; husband Terry and daughters Ally (8) and Carah (5). When you have a family who love and support you, anything is possible.

Shiona has chosen to dedicate her life to helping women know and love who they are. To express their gifts purposefully in a career they love, with surety and grace. It is these women who will lead humanity forward. It is these women who will help to change the world.