

# SoulSALT™ Shelley Jarrard

## Coach Bio



Shelley Jarrard graduated from Vanderbilt University with a degree in Human and Organizational Development. There, she discovered a passion for small group behavior, communication, and personal development. Shelley has 17 years experience in Division I sports. As captain and MVP of her basketball team at Vanderbilt, she led her senior team to the NCAA Final Four. It is no surprise that she has mastered the art of recruiting and team building coaching a number of championship teams during her 13 years with the University of Utah and Kansas State.

Shelley has since taken her coaching passions and skills into another arena: Life coaching. Trained and mentored by Lyn Christian and drawing from her experience as a sports coach, she excels at helping individuals reach peak performance and satisfaction levels. Shelley personifies the perfect blend of fun while fulfilling purpose.

### *On coaching:*

"I love being side by side my clients as they set out to achieve whatever it is they want out of life. Nothing excites me more than communicating with people searching out what they can do to be happier, healthier, and have the desire to live their best life."

- Shelley Jarrard

### *From a client:*

"When I started looking for a coach I was lost, searching for direction and focus in my life. Then I found SoulSalt and started working with Shelley, now I have goals and focus. I have become a strong person mentally and physically. I love how getting to the foundation of your soul and giving it life, enhances your whole self (or shrinks the shell you have been hiding behind, for me it's 40 pounds so far)."

Jane Layton, Project Manager – Large Retail Company