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The Business Elevation Show with Chris Cooper - Be More. Achieve More Friday at 8 AM Pacific

May 23rd 2014: How to be a corporate athlete and succeed in business

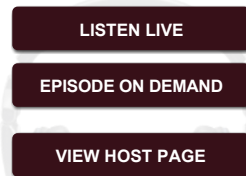
So what does it take to be a corporate athlete? Just like an olympian it takes simple, consistent, everyday actions to improve performance, leading to habitual excellence. Simply doing the right things and doing them better every time! On this show I am delighted to welcome Sheena Walker. With a background as a swimmer and former Scottish National Team swimming coach. Sheena was rewarded for her personal achievements in taking swimmers from grass roots to the podium by Stirling Council both as the Manager of Special Olympics and as a Scottish squad Coach Sheena Walker is a globally ren

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Featured Guest



Sheena Walker

Sheena Walker is a globally renowned performance consultant who takes Olympic winning strategies and helps you to apply them to your career, business, and your life. She's a highly respected "Business-Development Professional, and an International Speech Coach, who speaks on Performance Management & Performance Coaching, Public Speaking Training, Leadership HR and personal success related topics. Sheena is passionate about helping new and established firms break their performance boundaries by using her seasoned performance-development techniques, which will help accelerate one's success. Her passion, focus, and enthusiasm for Super Performance Solutions will address your business challenge

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