



STRIVE
success solutions

presents

Chelsea Avena



Motivational Speaker * Personal Coach * Fitness Dynamo

If it seems like the sun is always shining around Chelsea, it's because she brings it with her.

With a sparkling personality, upbeat manner, and infectious joy for life, Chelsea seeks opportunities to inspire and encourage others at every turn. As a former level 10 (international-caliber) gymnast and a Division I college cheerleader, she knows full well the hard work it takes to achieve success – and the importance of infusing the proper mindset into the equation along the way.

Now, as a certified barre, spin (indoor cycling), and fitness instructor, she relishes the chance to impact people's lives through fitness, motivation, and the pursuit of a well-rounded life. Chelsea tackles teams, groups, organizations, couples, and individuals, helping them to identify their passion, goals, and outcomes in all areas of their lives: physical, mental, vocational, emotional, relational, or otherwise.

As a coach and speaker, Chelsea blends direct feedback, wildly humorous anecdotes, and motivational messages to help uncover the drive within you. Time tends to fly in the unique blend of hard work, expressive joy, and heartfelt inspiration as you work together. Chelsea's mission is quite simple: to help others define their own best selves, to assist in revealing their paths, and to help them forge a better tomorrow. However you define it, together you can accomplish it.

"I'm not sure where she gets that energy, but she has an incredible ability to translate it to others."

-Indy H., former gymnast

"Chelsea is unreal – beyond motivating, inspiring, and so much more."

-Michaela S., spin class survivor

**TOPICS OF EXPERTISE FOR CHELSEA'S
KEYNOTES, WORKSHOPS, AND COACHING**

- ✓ What hard work really is
- ✓ You can be whatever you want
- ✓ Building habits of success
- ✓ The positivity principle
- ✓ A little sweat never hurts
- ✓ Communication keys for success
- ✓ Strengthening your team

**BRING CHELSEA TO WORK WITH YOU
AND/OR YOUR ORGANIZATION**

Contact **Strive Success Solutions** at



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