

## Managing the turbulent teens



*PILATES instructor and personal motivator Sharon Evans has answered a call to re-inspire teenage girls.*

WHILE most people over 20 know that teenage years are often turbulent ones, motivational speaker and Pilates instructor, Sharon Evans, hopes to make the transition to adulthood a little easier through a series of motivational talks.

This week Sharon addressed Year 10 students at MacKellar Girl's High School, on the benefits of physical condition, keeping in shape, dealing with emotional setbacks, and motivational techniques.

"There are so many temptations and pitfalls in today's choice-easy world," Sharon said.

"Reinventing your personal confidence and inspiration might sound easy, but it's one of the hardest things to consistently achieve.

"Looking good is firstly about feeling good.

"The motivation to succeed and be strong comes from within, not outside."

A former Beauty and The Beast

panelist and radio host, Sharon ran her own very successful fitness and weight loss centre for many years before venturing into new projects.

She has also been signed to motivate and teach the NSW Under 16 netball squad on how to best prepare for the perils of senior competition.

Sharon said the talk at MacKellar Girls was one of the most positive steps taken by a secondary schooling institution.