



MEDIA KIT

SENSEI *Sheryn* GUNG

Martial Artist.
Oriental
Health
Practitioner.
Empowerment
Coach.
Writer.
Presenter.
Mother.

SHERYN GUNG



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**FROM FINDING YOUR
VOICE TO DEFINING
YOUR GUARD, I STAND
FOR WOMEN'S
EMPOWERMENT.**

BY THE NUMBERS

30

Years of Excellence
teaching Martial Arts
and Self-Defence

100s

Of Women and Girls
Empowered in Self-
Defence

20+

Years of Experience in
Natural Health and
Wellness

3rd

Degree Black Belt
in Traditional Goju
Ryu Karate (Goju
Kensha lineage)

LEVEL

6

Completion of the
Art in Balintawak
Arnis Cuentada



SIGNATURE TALK *WARRIOR WITHIN:*

TURN YOUR ANGER INTO YOUR ASSET WITH
TRANSFORMATIONAL SELF-DEFENCE AND MARTIAL ARTS

In her moving Signature Talk, Sensei Sheryn Gung shares her story of being a young girl with low self-esteem and chronic anger to discovering self-love, embracing the Feminine Divine and empowering hundreds of girls and women with her Self-Defence techniques, strategies and frameworks. Through 'Warrior Within', Sheryn teaches women that charged emotions - such as anger and frustration - are not problems, but *fuel to be leveraged* for transformation to High Frequency, Whole Being Empowerment.

'Warrior Within' is ideal for Women's Leadership events and Women's Health, Wellness and Personal Development conferences.

Sheryn speaks to women who:

- Feel overwhelmed by anger, frustration or other charged emotions
- Have tried to 'soothe away' or suppress their anger or frustration - only to feel stuck or as if they have failed themselves
- Struggle with confidence and boundaries
- Know that there is a stronger, more confident, more in control version of themselves - the Warrior Within - but are unsure of how to access her

Key Audience Take-aways:

- A powerful reframe: charged emotions as fuel to be leveraged for transformation
- A clear understanding of how they can arrive at calm confidence and control, sustainably
- Hands-on experience in Voice Activation, applicable to both healing and Self-Defence
- Hands-on experience with simple, practical TSDMA techniques (a quick win!)
- A renewed sense of personal power, clarity - and possibility.

SENSEI *Sheryn Gung*

ABOUT *Me*

Sensei Sheryn Gung empowers spiritual women with Transformational Self-Defence and Martial Arts so they can turn their anger and frustration into power and confidence.

Sheryn is the founder of Transformational Self-Defence and Martial Arts (TSDMA), a unique approach to emotional healing for spiritual women who are ready to heal their anger, frustration, depression and other charged emotions, by using them as potent fuel for transformation to sustained, embodied power.



TSDMA is birthed from Sheryn's 30 years of experience as a Martial Arts and Self-Defence Instructor, and 20+ years of experience as a Traditional East Asian Medicine Practitioner and Empowerment Coach. Sheryn is also an accomplished writer and presenter, with articles published in a range of magazines and professional journals, and has been a select Wellness Expert for WellBeing TV and Magazine.

Sheryn lives in the beautiful Surf Coast of Australia with her martial artist husband, Ross, and their two children. She is passionate about inspiring and empowering women to step into High Frequency, Whole Being Empowerment.

TOPICS I *Speak* ON

- Signature Talk: 'Warrior Within: Turn Your Anger into your Asset with Transformational Self-Defence and Martial Arts'
- 'The Maiden Warrior: Empowering Young Girls Today'
- 'The Good Girl Syndrome: From Friend to Foe'
- Using Your Voice for Emotional Healing and Self-Defence
- Embodied Confidence
- Feminine Power Redefined

MY *Audience*

- Spiritual women (mid 30s - mid 50s) who are ready to transform the charged emotions that have held them back, and step into High Frequency, Whole Being Empowerment. They may have been approaching emotional healing through 'calming' practices, such as deep breathing or meditation - but they are still yearning to *fight*.
- Spiritual women who may not desire emotional healing, but wish to embark on inner transformation and step into their full, unbridled power.

PREVIOUSLY *Seen in*

WellBeing TV, WellBeing Magazine, Connectedly Podcast, Blitz Martial Arts Magazine, Foxtel, Insight Magazine, NOVA Magazine, 2UE, 3WBC