

Rock Solid Consulting

There's no traffic on the extra mile!

“Individual commitment to a group effort—that is what makes a team work, a company work, a society work, a civilization work.” ~ Vince Lombardi



ABOUT US

Rock Solid began in 2004 by current CEO, Shelley McMillian, with the initial goal of running sports, residential and various camps for children. Since it's inception, Rock Solid has expanded to also include After School Programs, Corporate Team Building, Sports Team Building, Family Fit Programs, Business Consulting, Motivational Speaking, Leagues, Tournaments and Specialized Sports Performance Training. Rock Solid has had the privilege of impacting over 30,000 people in the past 6 years.

We strive on the concept that “an altered attitude results in an altered life.” Rock Solid helps you assess your corporate training needs and then designs a program that integrates your current business issues, meeting themes, training topics and company culture. We incorporate your existing training curriculum and current readings that you want to bring to your corporate or sports team.

Corporate Training Workshops

* **Teamwork**

Assess your individual team style; practice leading high performance teams; review the four stage development; tackle team problem solving and decision-making.

* **Managing Change**

Learn to use change as an opportunity for personal growth and professional development. Empower your team during periods of transition.

* **Leadership**

Develop leadership skills and leadership development plans. Assess current leadership competencies and practice leading teams.

* **Communication**

Practice sending and receiving messages one-on-one, giving and accepting feedback communicating with other teams and resolving conflicts.

“Shelley is a great presenter, knowledgeable and well-spoken. Our team building was very upbeat, motivational, and powerful to our entire staff.”

~Lynn Stevens (Director of Administration-Providence House Homeless Shelter-Shreveport, LA)



Shelley McMillian CEO



Shelley is the founder and CEO of Rock Solid Sports, Camp, Team-Building and Athletic Club. Shelley attended college at Centenary College in Shreveport, LA earning a B.S. in Exercise Science in 1993 where she also captained the inaugural women's soccer program earning her Centenary's NCAA "Female Athlete of the Year" Award.

Shelley knows much about the world of teams, not only as a collegiate player but also as a successful high school and collegiate soccer coach and holds the title of Louisiana's "All-Time Winningest High School Soccer Coach" with well over 500 wins. She has earned 22 All-District "Coach of the Year" awards, 6 All-City "Coach of the Year" Awards and was the 1996 Boys All-State "Coach of the Year" and the 2010 Girls All-State "Coach of the Year." Shelley holds an NSCAA Premier Coaching License and is a Certified CPR, First Aid and Ropes Course Instructor.

Shelley has been in the speaking and team-building arena for the past 10 years, motivational speaking on various topics, leading corporations, sports teams and youth events all over the country.

Shelley is also a published author and serves on various community forums and committees.

2009-2010 Corporate Highlights

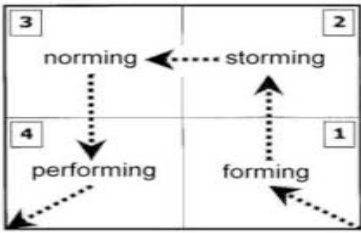
- Shreveport Times 40 Under 40 Young Professional of the Year
- March of Dimes Top 20 Business "Spotlight on Success" Honoree
- Keynote speaker-Remington College Inaugural Graduation (2,000 People)
- Opened Rock Solid's 2nd location in Bolivar, MO
- 2010 LA Soccer All-State Coach of the Year
- Inducted into Calvary Academy Athletic Hall of Fame
- Appointed Management Group for all Shreveport City Pools
- Expanded Speaking and Team Building

"Shelley is a remarkable motivator and has a great ability to connect with all people. She is a joy to work alongside."

~ Johnny Booty (AD-Calvary Academy-Father of 3 NFL Quarterbacks-Shreveport, LA)

"Shelley's love and passion for people is evident in her everyday life. As a former co-worker of hers, I've seen this first hand by the way she encourages and leads those around her. Shelley's Christ-like attitude shows in every aspect of her life and she wants nothing more than to pour this attitude into those around her. I have the utmost respect for what she is doing and continues to do in the lives of others. Besides being a tremendous coach, Shelley is an awesome person and a great mentor to those around her."

~ Doug Pederson (Quality Control Coach-NFL's Philadelphia Eagles-PA)



Rock Solid Services



Corporate Retreats

We can provide you with a wide variety of options for your next corporate retreat, depending on your team needs and budget.

- Half or full-day team building adventures, carefully designed to fit into your existing retreat theme.
- Half or full-day experiential workshops based on leadership, teamwork, communications or other professional development topics in support of your training initiatives.
- Complete facilitation of multi-day corporate retreats including team building adventures, corporate training workshops, team assessments, and strategic planning.

Corporate Training

Rock Solid helps you assess your corporate training needs and then designs a program that integrates your current business issues, meeting themes, company culture, and training topics.

We work closely with you to define the goals of the executive retreat and prioritize the issues. Together we discuss not only the business context for the event but also the human context, identify areas where the discussion may veer off track and agree on strategies for handling explosive issues.

Meeting Facilitation

In developing the meeting agenda, we incorporate interactive challenges - indoors or outdoors - that energize the group, illuminate the issues at hand, and provide a welcome break from sitting in chairs.

We keep the meeting moving toward your goals by expertly balancing the need for progress with the need for people to speak out. We can resolve emerging conflicts quickly and keep the atmosphere positive. Our facilitation sets the tone for the event and inspires the participants to treat each other's ideas with a high level of respect.

Team Building Events

New employee orientations, celebratory functions and seasonal gatherings all benefit from team building. Rock Solid believes that some of the greatest insights into teamwork are discovered far away from computers, desks, and telephones.

Our customized Team Building Adventures actively engage participants in unforgettable experiences that challenge them in exciting ways. Based on nearly 15 years of combined experience, we have developed a broad range of team building programs that spark creative energy, foster innovation, and build camaraderie.

Consulting

From our first encounter with our clients, we are committed to truly listening to their concerns, asking the right questions, and providing clear assessments and responses. They soon realize that we work side-by-side to move them toward achieving their goals.

“Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.” ~ Andrew Carnegie



Corporate Training



Rock Solid helps you assess your corporate training needs and then designs a program that integrates your current business issues, meeting themes, company culture, and training topics. We incorporate your existing training curriculum, or current readings that you want to bring to life.

From three hours to multi day programs, Rock Solid will customize a corporate training program into your schedule. We can design them to work well as either a stand-alone event or an integral part of a multi-day meeting. Most of our programs can be implemented anywhere - indoors or out - so we can join you at your corporate campus, a nearby park or any hotel or conference center of your choice anywhere in the world.

Over the last five years, we've helped a wide variety of organizations and work teams--from medical rep companies to sports teams to corporations of various sizes and themes, from new fast-track project teams to well-established departments. Rock Solid offers unparalleled opportunities for corporate teams to develop:

- *Leadership Skills
- *Renew Commitment
- *Improve Collaboration
- *Spark Ideas and Innovations
- *Develop Secrets of Successful People
- *Improve Personal Relationships-In and Out of the Workplace
- *Forge New Tools to Solve Problems
- *Integrate Individual Strengths
- *Build Camaraderie and Trust
- *Rekindle Creative Energy

“I have known Shelley for the past 10 years and have had the privilege of hearing her speak at numerous events within my community. I have seen her speak to crowds exceeding thousands, as well as, intimate groups . I have seen and heard the empathy in her heart while speaking at the funeral of a 14 year old, as well as, crowds where she delivered wildly, entertaining and thought-provoking messages. I truly believe Shelley’s honesty, integrity and passion are her keys to engage any audience to the point you could hear a pin drop in a football stadium. I attended a conference for the #1 revenue generating company for Johnson & Johnson. This conference changed my life, gave me balance and changed the way I ran my business. Shelley’s style created a positive environment, which led to open interactions within our team. She made a connection with every sales rep while encouraging positive thinking. Her energy and passion that was so contagious during this meeting was a contributing factor to me winning Sales Rep of the Year for J & J. I feel Shelley's background in leadership, sales, creativity, and personal excellence has given her the ability to connect with every member of her audience in a unique way. Her energy is transferred onto her audience with practical take-away messages that everyone can immediately apply to their lives. Shelley has certainly beaten the biggest challenge of any public speaking-short attention spans. She is captivating and a female Zig Ziglar and Dale Carnegie. When Shelley speaks, people listen and listen attentively. She is an inspiring and enthusiastic speaker that certainly offers something different. I would definitely urge ANY organization to consider utilizing Shelley. She has a gift I feel the whole world deserves to have.”

~ Rhonda Barr (Territory Manager – ev3 endovascular-Shreveport, LA)

Rock Solid Speaking Engagements

Need a motivational speaker for your next event? Rock Solid specializes in speaking engagements for both youth and adults. Contact us for dynamic speaking at your next graduation, company luncheon, youth event, fundraising banquet, sports practice or any other environment where you desire for people to walk away motivated and refreshed.

Rock Solid specializes in the following topics:

- *Time Management
- *Healthy Conflict
- *Youth & Adult Leadership
- *Character Building
- *Successful Teams
- *Work/Life Balance
- *Youth Camp Events
- *Mental Toughness
- *Personal Relationships

“Shelley is one of the most dynamic people I have met. She is genuine and has something to say to everyone present. I had the pleasure of spending a week of youth camp around her and saw first hand her unique style of motivation and interaction while speaking. Lives were transformed.” ~ Neal DeShazo (Geological Engineer, Kaiser-Francis-Mid Continent-Tulsa, OK)

Contact Us

For more information or to book a conference or speaking engagement, please contact us at:

Rock Solid Consulting

P.O. Box 18224, Shreveport, LA 71138

www.rocksolidconsulting.org ~ shelleymc10@aol.com ~ 318.470.8904

“Shelley’s team building and coaching abilities took my understanding of what it was to be a leader and team member to a whole new level. I can’t thank her enough for the genuine interest and passion she invested into my life and the life of my family, friends and teammates.”
~ Quade Lightbody (Former player & Asst. Capt. Shreveport-Bossier Mudbugs Pro Hockey-Ontario, Canada)

“Shelley is a very open and dynamic speaker. She touches and relates to her listeners no matter their age, gender or ethnicity. She has a gift for speaking to people of all ages. I am grateful to have heard her on a number of occasions and lives are always impacted.”
~ Terrence Jefferson (Former Arena Pro Football Player-Rec Specialist-Job Corps-Shreveport, LA)