



Webinar Guide

Delivered as one-hour webinar or in person talks including Q&A, perfect for adding into staff meetings and team days. A one-hour snapshot of the longer form workshops, these informative sessions start important conversations and give attendees practical strategies to take away. Chose from the 7 popular topics below:

Overcoming imposter syndrome

What is Imposter Syndrome and why does it effect so many of us? How can we silence our inner critic and navigate those nagging feelings of self-doubt to be our best and unlock our potential. This webinar helps you understand the way the brain works and how to tame the inner critic, including managing the impacts of fear of failure, perfectionism, and our people-pleasing tendencies. With practical tips to help build self-efficacy and grow your confidence in who you are and what you offer.

Burnout to brilliance

Be your best without burning out in the process. Learn the difference between busy and productive and ensure you are a sustainable resource to overcome challenges, develop high performance habits and deliver on your potential.

- Learn how to manage busyness to prevent overwhelm
- Know the signs for burnout and how to prevent it
- Understand and prioritise self-care
- Know your triggers and ensure you are a sustainable resource
- Perform at your peak without burning out in the process

Managing change and uncertainty

The future is uncertain, life can change overnight and change seems to be constant in our work and life. That's why we need to learn to manage it, to understand it and navigate the ups and downs to lead ourselves and others through an uncertain future. Including best preparing yourself for change, leading through uncertainty, and learning how stay calm amid the chaos.

Building resilience

Learn how to stay strong when times get tough. What is it that resilient people do and how can you build your own resilience? Learn what resilience is, why we need it and how we can build it in this webinar. Understand emotional regulation and self care to build strength and resilience. Understand the power of the mind and how to train it to be more positive. Learn practical strategies to help you build resilience and bounce back from challenges.

High performance habits

In this webinar we uncover top tips to form good habits that help you perform at your peak. What you will learn from this webinar:

- The role of structure and why it's important
- The power of tiny gains
- Habit hacks that lead to high performance
- Managing time and energy
- The difference between busy and productive
- What peak performance looks like and what are the barriers that get in the way?

Mastering mindset

Mind-set is everything. It's how we bounce back from difficulties, increase confidence, stay calm and perform at our best. But it's easier said than done! This webinar teaches you the art of mastering our mind-set, and learning how stay calm amid the chaos.

- Discover how to slow down to speed up
- Battle the busyness and be more productive
- Understand how the brain works and how we can train it
- Be more content and calm, even when times get tough
- Improve focus and concentration and create space in your brain to innovate
- Master the art of balance and beat overwhelm

Lead with confidence

Understand what it takes to be a great leader, critical skills required and how we progress into leadership roles and sustain high performance for ourselves and those who work with us. including the unique issues women and minority groups in the workplace face and how we navigate this to achieve our potential. Learn how to leverage your strengths, understand emotional intelligence, build your brand and credibility and embrace your authenticity as a leader to motivate those you work with to deliver results.



Jess Stuart. International speaker, coach and author of five personal development books.

With 15 years in HR and a background in the corporate world working with leaders across many countries and industries businesses find Jess can speak their language.

A brush with burnout in her corporate career lead Jess across the world to train with Buddhist monks and Nuns. A decade later, after writing five books and running her own successful business she shares what she knows about mind-set, resilience and self-belief to empower people to unlock their potential.

Highly acclaimed event speaker and proud member of the rainbow community. Featured on TV3, BBC, RNZ, Dominion Post, Stuff and NZ Business Magazine. Described as inspiring, articulate and relatable by audiences. Jess has a passion for sharing her knowledge and motivating others with her words.

“

Far out the verbal feedback that has streamed in about your session is phenomenal.
– Waikato University, Women in Leadership Symposium

“

I saw immediate benefits from Jess' coaching. I noticed a big change in my confidence and stress levels, having explored various scenarios with Jess and receiving support and actionable strategies for these.

“

Jess's work contributed to a number of women being promoted to new roles within in the National Security Workforce.

WORKING WITH



FEATURED ON

