



JESS STUART

AUTHOR • COACH • SPEAKER



Motivational Speaker

“

A highly sought after International speaker with media experience across multiple countries.

”

International speaker, coach and author of seven personal development books.

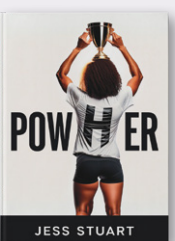
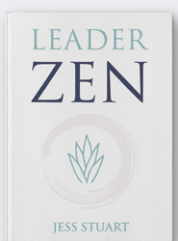
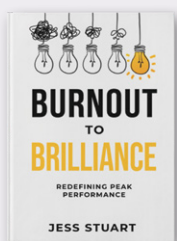
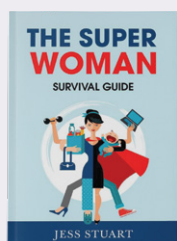
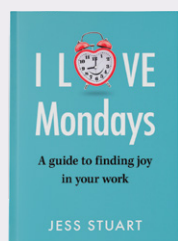
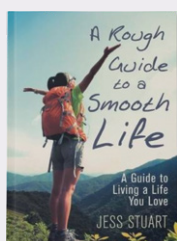
Mindset, leadership and gender balance expert with 15 years in HR and a background in the corporate world working with leaders across many countries and industries, businesses find Jess can speak their language. A brush with burnout in her corporate career led Jess across the world to train with Buddhist monks and nuns. A decade later, after writing seven 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 in 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.

Keynotes & Masterclasses

- **Burnout to Brilliance: Peak Performance**
Ideal for busy high achievers and leaders.
- **The Zen Art of Leadership**
Ideal for leaders in a changing world.
- **Back Yourself & Own Your Space**
Ideal for women in leadership.
- **Lead with Confidence**
Ideal for middle managers and emerging leaders.
- **Activating Allies**
Ideal for those in DEI.
- **Mastering Mindset**
Creating space and clarity for innovation and success. Build mental fitness to improve cognitive function, increase focus and composure.
- **Owning your Brilliance**
Inspiring keynote on authenticity and belonging to unlock potential.



Inspire Motivate Empower



“

Jess was fantastic, engaging and one of the best facilitators I have had for a while.

”

“

Jess has a unique ability to explain and present complex concepts in easy terms and keep people interested.

”

“

Absolutely amazing to work with. So open, professional, reliable and relatable. Very engaging with a great sense of humour. Able to relate to different audiences and adapt content when needed.

”

“

The whole day was amazing. Best day of the summit. Thank you so much.

”

WORKING WITH



FEATURED ON

