



Jess Stuart – Author & International Speaker

jess@jessstuart.co.nz +64 277043179

“I help busy, high achievers build confidence, self-awareness and resilience to realise their potential.”

An Imposter Syndrome expert who specialises in Women in Leadership Jess has a background in Senior HR roles and a decade in the corporate world. Highly acclaimed event speaker. Featured on TV3, BBC, RNZ, Dominion Post, Stuff and NZ Business Magazine.

International speaker, coach and author of three personal development [books](#). The latest of which, The Superwoman Survival Guide, is designed to help women unlock their potential and thrive at life. Giving practical advice and tips for building resilience, leveraging strengths whilst navigating fear, getting over self-doubt and mastering the art of balance.

Jess believes that tapping into your potential doesn't mean doing more or having to be different. It's uncovering what's already there and being enough as you are.

A sought after speaker described as articulate, inspiring, authentic and uplifting with an ability to empathise and motivate. Delivering one hour motivational talks through to one day workshops and retreats covering:

- Unlocking your potential
- Overcoming Imposter Syndrome
- Navigating Perfectionism
- High Performance Habits
- Leadership for women
- Authenticity & Being you
- Navigating fear to achieve your goals
- Salary negotiations for women

After a successful career in the corporate HR world Jess decided to follow her passions. Having lived, worked and volunteered in many countries with some inspirational people Jess draws her life experience into her work to share principles of success. Find out more on the website www.jessstuart.co.nz



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