



JESS STUART

AUTHOR • COACH • SPEAKER



Empowering you to be your best

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

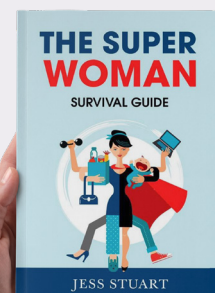
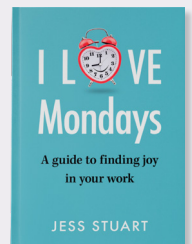
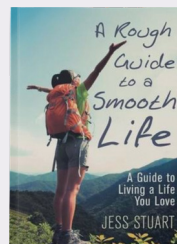
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Jess Stuart:

- An Imposter Syndrome expert who specialises in Women in Leadership.
- Background in Senior HR roles and a decade in the corporate world.
- Highly acclaimed, international event speaker.
- Featured on TV3, BBC, RNZ, Dominion Post, Stuff and in NZ Business Magazine.
- Individual and Corporate Coach.
- Author of four personal development books designed to help people 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.





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“

Fantastic public speaker,
very engaging and
enjoyable to listen to.

”

“

So relevant, so inspiring
and so engaging.

”



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Inspire • Motivate • Empower

Keynotes & Workshops

- Overcoming Imposter Syndrome
- The pitfalls of being a perfectionist
- High Performance Habits
- Leadership for women
- Authenticity: stepping into your power
- Beyond Burnout: the mindset for success
- Slowing down to speed up; are you busy or productive?



FEATURED ON





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Conference Feedback



“

Jess was awesome, very polished and professional.



You were one of our top speakers with a 4.55 out of 5, which is incredible!



Jess creates ‘aha’ moments when I listen to her.



Outstanding! I learned so much and wish she was on longer.

”





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Leadership for Women

Potential = Self-belief + High Performance

Know yourself, know how to lead

- High Performance Habits
- Building Self-efficacy
- Brand, Values & Strengths
- Emotional Intelligence
- Delivering Results

Coaching programmes & workshops

- Overcoming Imposter Syndrome
- Mind Your Busyness
- Women in Leadership
- Back Yourself
- Pitfalls of Perfect



- Why it's different for women
- What does good look like
- How to navigate the executive landscape
- Building respect and credibility

- Confidence and self-belief
- Brand - values & strengths
- High performance
- Resilience & Executive stamina

- Inspiring and motivating others
- Presence and influence
- Strategic direction
- Deliver results

WORKING WITH



GIVE YOURSELF PERMISSION TO FAIL IT'S HOW WE **LEARN**

WE ARE BOTH A MASTERPIECE AND A WORK IN PROGRESS
YOU ARE AS GOOD AS THEY THINK YOU ARE
LEVERAGE YOUR STRENGTHS CELEBRATE YOUR SUCCESS

**KA WHAWHAI TONU MĀTOU
NEVER GIVE UP**

BUSYNESS IS NOT A BADGE OF HONOUR
EARN A LIVING BUT MAKE A LIFE
IT DOESN'T HAVE TO BE PERFECT TO BE AMAZING
STOP WORRYING WHAT OTHERS THINK, BE RESILIENT, PRIORITISE YOU
FEEL THE FEAR BUT DON'T LET IT STOP YOU

AIM HIGH **YOU GOT THIS**
KNOW YOURSELF

**SLOW DOWN BREATHE
LOOK HOW FAR YOU'VE COME**

FREEDOM • EMPOWERED • INSPIRING
TIME • SPACE • LOVE • GRATITUDE

MAURIA TE PONO BELIEVE IN YOURSELF STOP TRYING TO BE
SUPERWOMAN YOU ARE
ENOUGH AS YOU ARE

NO-ONE IS YOU AND THAT IS YOUR POWER
AUTHENTIC • AMAZING • AS YOU ARE



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