



**Jess Stuart – Author & International Speaker**  
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On a mission to empower women to realise their potential, overcome self-doubt, discover their authenticity and build resilience to achieve balance in life. Author of two personal development books; [A Rough Guide to a Smooth Life](#) and [Like A Girl](#) her latest book designed to help women unlock their potential and thrive at life.

Described as articulate, inspiring, authentic and uplifting with an ability to empathise and motivate. Delivering one hour presentations through to one day workshops covering:

- Unlocking your potential
- Mindfulness & Resilience
- Women in Leadership
- Imposter Syndrome & Perfectionism
- Navigating fear to achieve your goals

After a successful career in the corporate HR world Jess decided to follow her passions. A qualified yoga and meditation instructor with a certificate in Life Coaching. 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 websites [www.inspireyourlife.org](http://www.inspireyourlife.org) and [www.jessstuart.co.nz](http://www.jessstuart.co.nz)

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