

- ▶ 'We left feeling hopeful & empowered'
- ▶ 'Best speaker of the day'
- ▶ 'She is so engaging I forgot we were on zoom'
- ▶ 'Julia had me laughing & crying'
- ▶ 'Warm, relatable, honest, vulnerable & hilarious'
- ▶ 'Very helpful and informative'
- ▶ 'I could have listened to Julia speak for way longer'*



JULIA GRACE

Mental Health Speaker & Educator



*feedback from clients and audiences since March 2022

ABOUT JULIA GRACE



When it comes to
Mental Health & Wellness,
Julia Grace is the real deal.

Combining decades of teaching with qualifications through Te Pou Mental Health Services and MindHealth Christchurch, Julia speaks candidly from her own personal journey with clinical depression and anxiety.

Julia is a business owner and award winning presenter, named Professional Speakers Association **NZ Educator of the Year** and **NZ Breakthrough Speaker of the Year 2022/23**.

Her content is practical and well researched, her delivery is interactive and engaging and **most importantly, gets results**.

With **live audiences totalling 15,000+** this year alone, don't miss the opportunity to have Julia Grace help your people to Be Kind to Their Minds.

Catering for a Broad Range of Clients

Corporate training, Conferences, Business Breakfasts,
Education - School Staff, Students & Whanau, Kahui Ako,
Women's Events, Health Providers, Church groups + more!



SESSION TOPICS



PARTICIPANTS GAIN:

➤ Knowledge

Learn what happens in the brain & body during mental pressure and how to deal with it constructively

➤ Confidence

Learn to open up challenging conversations & provide wellbeing support to friends, family and colleagues

➤ Strategies & Skills

Leave with a full kit of practical Mental Health activities to use at home and at work - straight away!

#1 MENTAL HEALTH & RESILIENCE

➤ Areas Offered

- ✓✓✓ **3 Better Mental Health Language tools:** What to say and how to say it, understanding more about the brain
- ✓✓✓ **3 Happiness Hacks:** How to use Neuroscience to help develop a more resilient brain, body & culture
- ✓✓✓ **3 Features of Resilient People:** adopt these features into your life!

#2 REIGNITE YOUR LIFE/ FIND JOY IN YOUR JOB

➤ Areas Offered

- ✓✓✓ **3 Better Mental Health Language tools:** What to say and how to say it, understanding more about the brain
- ✓✓✓ **3 Happy Habits:** Neuroscience based tools to harness and improve habits of the brain & body
- ✓✓✓ **3 Features of Ignited People:** Restart your life without doing damage to yourself or others in the process!

FEEDBACK & CONTACT



» Andrea Clarke - Principal

'I could not recommend Julia highly enough to anyone wanting an outstanding speaker on Wellbeing. She made such an impact on our members.'

- Principal, Kaukapakapa School

» Financial Services Complaints Conference

'Julia was one of the favourite speakers at our Conference. Her keynote message of planning for the 'Wobbly' days on the good days really resonated and was relevant to everyone'

- Melody McCabe

» Elias Kanaris - The Crate

'One of the most INSPIRING presentations I've heard this year'

- Past President, Global Speakers Federation

» Ish Cheyne - Les Mills

'What an amazing, relatable speaker. Julia's keynote made us laugh, made us cry and made us think'

- Les Mills Head of Fitness

» Naomi Geldard - Lifeswitch

'Julia was a breeze to work with - totally adaptable and relatable to any audience'

- Lifeswitch Wellington

CONTACT FOR MORE INFORMATION

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Showreel: https://youtu.be/SLI7m_tZi3w

