

- ▶ '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 events since March 2022

# ABOUT JULIA GRACE



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

Combining decades of NZ classroom 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 an 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 for your people.**

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 Range of Audiences**

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



## » Sharon Ratnaraja - Elim NZ

'Julia had us in fits of laughter and then tears. She gave incredibly helpful tools for navigating mental health challenges, we all felt empowered and refreshed.'

- Elim National Women's Conference

## » Robyn Moore - Dress for Success

'Julia Grace brought a reality check on a tough subject that she delivered with kindness, care, learned experience and hope.'

- DFS Volunteers Events

## » Elias Kanaris - The Crate

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

- Past President, Global Speakers Federation

## » Jody Tolley - CU Auckland

Julia is someone you want to have share at your event. You'll gain insights & info that are desperately needed in today's world and come away feeling uplifted & full of hope - you won't be disappointed!!

- Women's Event & Conference

## » 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](https://youtu.be/SLI7m_tZi3w)

