

- ▶▶ 'We left feeling hopeful & empowered'
- ▶▶ 'Best speaker of the day'
- ▶▶ 'I used her ideas in my classroom straight away'
- ▶▶ 'Julia had me laughing & crying'
- ▶▶ 'So engaging and practical'
- ▶▶ 'Very helpful and informative'
- ▶▶ 'I could have listened to Julia speak for way longer'*



JULIA GRACE

Mental Health Speaker & Educator



KingsWay School
Kahui Ako



TRINITY SCHOOLS



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First Aid
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ABOUT JULIA GRACE



When it comes to
Mental Health & Education,
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 staff and team.**

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

Education - School Staff, Students & Whanau, Kahui Ako,
Conferences, Health Providers, Community & Church groups,
Corporate training + more!





SESSION CONTENT

(TAILORED FOR STAFF/
STUDENTS/WHĀNAU)



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 students and colleagues

➤ Strategies & Skills

Leave with a full kit of practical Mental Health & Resilience activities to use in the classroom, staffroom and personal life - 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

» Terrianne Brady - Principal

'Julia has an in-depth knowledge of the teaching profession and a clear understanding that teachers attending professional learning want takeaways that they can use in their classrooms the very next day.'

- Principal & Kahui Ako Lead, Waitoki School

» Ann Bailey - Kahui Ako Lead

'Julia spoke to teachers of Years 1 to 13, an extensive group and a big ask! Yet she took it on board and delivered.'

- Kingsway Schools group

» Naomi Geldard - Lifeswitch

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

- Lifeswitch Wellington

» Elias Kanaris - The Crate

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

- Past President, Global Speakers Federation

CONTACT FOR MORE INFORMATION

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Showreel: https://youtu.be/SLI7m_tZi3w

