Make *wellbeing* your *performance* edge

About *Jess Spendlove*

Keynote Speaker | Advisor | Podcast Host

Jessica Spendlove

Jess Spendlove has spent her career at the intersection of wellbeing and high performance, advising corporate leaders, high-growth founders, elite athletes and special forces operators on how to sustain success in high-pressure environments. An international speaker, coach, advisor and podcast host, she brings more than 15 years of experience helping ambitious individuals and teams use wellbeing as their performance edge. She is the author of a forthcoming book, to be released in August 2026 with Wiley.

Her journey began as an elite athlete, becoming a national swimming champion. She then spent over a decade working in high-performance sport, running performance nutrition programs across seven professional sporting codes, alongside Olympic medallists, premiership-winning teams and Special Forces Command, before moving into the corporate arena.

Today, Jess partners with progressive leaders and organisations to embed wellbeing as a performance advantage, with a focus on energy, resilience, stress management and burnout prevention. Her clients include AirTree, YPO, PEXA, QBE, PwC, Zurich, Coles and Foxtel Media, and she is an advisor for Monash Universities Corporate Education Program.

Her sessions are high-impact and grounded in real-world application. She blends science with practical strategy, delivered with clarity and impact, making the complex simple and actionable.

Jess has not just studied wellbeing and high performance, she has lived it. From elite sport, to supporting top performers in business and the military, and now navigating life as a new mum, she understands that wellbeing evolves across seasons. Having seen the cost of neglecting it, she is committed to shifting the narrative so success is achieved because of wellbeing, not at its expense.