Make *wellbeing* your *performance* edge

About *Jess Spendlove*

Keynote Speaker | Advisor | Podcast Host

Jess Spendlove is an international speaker, coach, advisor and podcast host who has spent her career at the intersection of wellbeing and high performance. With more than 15 years of experience working with corporations, executives, elite athletes and the military, she now partners with high performing teams and organisations to optimise energy, build resilience and prevent burnout, by embedding wellbeing as the foundation for sustainable success.

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.

Known for making the complex simple, she delivers science-backed, practical strategies that support wellbeing while enabling leaders and teams to achieve long-term success. Having seen firsthand the cost of neglecting wellbeing, she is on a mission to change the narrative - so success is no longer achieved at the expense of wellbeing, but because of it.

Mini Bio

Jess Spendlove is an international speaker, coach, advisor and podcast host who has spent her career at the intersection of wellbeing and high performance. With 15 years of experience across corporations, executives, elite athletes and the military, she helps organisations embed wellbeing as the foundation for performance, equipping people with practical, science backed strategies to protect energy, build resilience and sustain success. Jess has seen the cost of neglecting wellbeing and is on a mission to change the narrative, so success is no longer achieved at the expense of wellbeing, but because of it.

+61 424 136 607 jess@jessicaspendlove.com www.jessicaspendlove.com