Make *wellbeing* your *performance* edge
Jess Spendlove

Testimonials

AirTree

"Jess was a dream to work with. The audience, made up largely of high-octane CEO's, loved her session."

Guzman y Gomez

"Jess's session was the standout of our summit. Her expert advice left everyone feeling empowered, equipped, and still referencing her insights months later."

The Pillars

"A fantastic session. Insightful, engaging and loved by our members. Great questions and great feedback."

Ebos Med Tech

"Jess made a great impact. Her microhabits sparked conversations across the company in Asia Pacific and people are still putting her advice into practice."

YPO Sydney Gold

"Inspiring, knowledgeable and practical. Jess was a real asset to our event.100% would hear Jess speak again"

YPO Sydney

"Jess delivered the highest-rated session at a YPO Health & Longevity event that I chaired recently. 4.9/5 from 30+ CEOs and senior executives. That's a tough room to impress, and she owned it.

What set Jess apart was her ability to translate complex performance science into practical interventions our members could implement immediately. She clearly invested significant preparation into understanding our audience, and it showed in how she tailored her content and brought it to life.

If you're looking for a speaker who can command an executive audience and leave them with actionable insights, Jess is the one."

VMO

"An amazing session, so well received. Jess delivered exactly what our audience needed."

AirTree

"Wherever they are on their journey - from athletes to execs struggling to make space for anything outside work, Jess will help your team with tactical advice to improve their health and wellbeing."

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Zurich

"Jess went above and beyond - tailoring a bespoke session that was both educational and fun. We had excellent feedback from staff."

PwC - The Outside

"Simple changes, massive impact. Jess showed us that wellbeing isn't about overhauling everything, it's about fine-tuning what already exists."

Victorian Strata Association

"Jessica captivated the audience and left a lasting impact. Her ability to connect with people, share practical insights and spark meaningful conversations is what makes her stand out."

Coles

"Professional, knowledgeable and a pleasure to work with. Jess brings deep expertise and insights that add real value."

Football Australia

"Jess delivered a highly engaging session that gave our referees practical strategies to improve their energy, health and performance with takeaways they could implement immediately."

Kieser

"Thought-provoking, highly engaging and impactful. Jess shaped her science-backed content to suit our business needs. We would love to have her back."

PEXA

"Jess made wellbeing fun, engaging and actionable. Our team walked away with strategies they could use immediately."

Stratamax

"Jess makes wellbeing practical and powerful, translating complex science into simple actions that teams actually use and enjoy!"

Cobram Estate

"Jess was an absolute pleasure to work with, she is professional, genuine and engaging. She delivered an evidence-based session that was accessible and aligned with our brand values. From planning through to execution, she was organised, adaptable and impactful, a speaker we would be delighted to recommend."

GWS Giants

"Jess would make any organisation better. Professional, innovative and highly respected by all."

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