Make *wellbeing* your *performance* edge

Introduction for *Jess Spendlove*

Keynote Speaker | Advisor | Podcast Host

What does it take to sustain performance in a world that never slows down?

It's a question many people wrestle with, and one our next speaker is here to answer with clarity, insight and practical strategies you can apply immediately and long after today.

Jess Spendlove is an award winning performance dietitian turned wellbeing and high performance speaker, advisor and podcast host. For more than 15 years she has worked with senior business leaders, high growth founders, Olympic medallists, premiership winning teams and Australia's Special Forces.

Few people see performance from so many angles, and even fewer can translate those insights into simple actions that create immediate impact.

Today Jess will take you inside the science and systems that drive sustainable success. She will show you how to create energy, build resilience and strengthen the capacity required to lead in high pressure environments.

Her mission is to help you achieve lasting success not at the cost of your wellbeing, but because of it.

Open your mind, settle in and get ready for a session designed to challenge how you operate and elevate how you perform in a way that fits your life, and doesn't involved someone else's 10 step, 5am morning routine.

Please welcome to the stage Jess Spendlove.