

Julia Grace Bio

I'm an international keynote speaker, author, teacher and Tui award-winning singer-songwriter, with a strong background in Health Education.

In 2022 I won the Professional Speakers Association NZ Break Through Speaker of the Year and Educator of the Year awards.

The opportunity to share my journey with depression and anxiety, and to encourage audiences to care for their mental health is a privilege. Teaching people to be kind to their minds and bring a message of hope and practical change is my mission.

My mission is to teach audiences of all ages to be kind to their minds through a message of hope and practical change.

My style is to share the message with laughter, and the science backs up my mode of delivery. When we feel, we learn. Our emotional response opens us up to remember easily, and what better way to do that than through laughter! I'll be honest, I didn't set out to be funny. I just did what comes naturally, and it's become a pivotal part of my communication.

I've been on the stage since I was four years old. My first public performance was singing "Send in the Clowns" in front of an audience of hundreds - I knew even then that I was born to communicate. Since then, I've spoken and sung all over the world, with audiences in their thousands. My singing career also led me to win a Tui Award for Gospel Album of the Year.

In between the gigs, I taught Music and Health in schools and honed my skills in story-telling and education. There's nothing like being thrown in front of a massive group of pre-teens to make sure you know how to really keep the attention of a crowd!

Over the last decade, I have experienced some massive life changes which have led to Mental Wellness challenges. A diagnosis of clinical depression and anxiety caused me to have to dig deep and learn practical ways of looking after my brain. A particular struggle was finding good language to use for such a heavy subject. In the middle of the journey, I put my 'teacher hat' on and created Grabable Words, sharing them with audiences at conferences and events.

The feedback was amazing. I am completely transparent about my own daily mental health journey. Sharing the tools that I use to gain and maintain better mental health has resulted in thousands of people being impacted by the message of Being Kind to Your Mind.

Training as a qualified Mental Health First Aid Instructor and gaining my certificate in Mind Health Carer have further enhanced my work from a science-based point of view.

Now more than ever, we need to learn to Be Kind to our Minds. I look forward to sharing with your audience, wherever in the world you may be.