

INTRODUCTION:

Julia Grace is a uniquely qualified Mental Wellness Speaker.

She is Vice president of the Professional Speakers Association of NZ, and was named Educator of the Year and Breakthrough Speaker of the Year.

Julia has taught for 30 years in NZ schools, performed on stage since she was 4 years old and is a Tui award-winning singer-songwriter.

To top it off, she's a qualified Mental Health First Aid instructor who lives with a personal diagnosis of clinical depression and anxiety.

Her message today is all about Being Kind to Your Mind.  
Please welcome Julia Grace