

- ▶ 'We left feeling hopeful & empowered'
- ▶ 'Best speaker of the day'
- ▶ 'She is so engaging I forgot we were on zoom'
- ▶ 'Julia had me laughing & crying'
- ▶ 'Warm, relatable, honest, vulnerable & hilarious'
- ▶ 'Very helpful and informative'
- ▶ 'I could have listened to Julia speak for way longer'*



JULIA GRACE

Mental Health Speaker & Educator



*feedback from clients and audiences since March 2022

ABOUT JULIA GRACE



When it comes to
Mental Health & Wellness,
Julia Grace is the real deal.

Combining decades of teaching with qualifications through Te Pou Mental Health Services and MindHealth Christchurch, Julia speaks candidly from her own personal journey with clinical depression and anxiety.

Julia is a business owner and award winning presenter, named Professional Speakers Association **NZ Educator of the Year** and **NZ Breakthrough Speaker of the Year 2022/23**.

Her content is practical and well researched, her delivery is interactive and engaging and **most importantly, gets results**.

With **live audiences totalling 15,000+** this year alone, don't miss the opportunity to have Julia Grace help your people to Be Kind to Their Minds.

Catering for a Broad Range of Clients

Corporate training, Conferences, Business Breakfasts,
Education - School Staff, Students & Whanau, Kahui Ako,
Women's Events, Health Providers, Church groups + more!



SESSION CONTENT

(TAILORED FOR STAFF/
STUDENTS/WHĀNAU)



PARTICIPANTS GAIN:

➤ **Knowledge**

Learn what happens in the brain & body during mental pressure and how to deal with it constructively

➤ **Confidence**

Learn to open up challenging conversations & provide wellbeing support to colleagues and students

➤ **Strategies & Skills**

Leave with practical Mental Health & Resilience language and activities to use in your classroom, staffroom and personal life

➤ **1st SESSION: MENTAL HEALTH & RESILIENCE**

✓✓✓ **Mental Health Language tools:** How to use Grab-able Words to communicate more easily about your mental health

✓✓✓ **Well-being WOF:** Taking responsibility for your self-care and making a sustainable plan moving forward

✓✓✓ **Pre-plan your Support Network:** Learn why it's vital to prepare in advance for the tough days and how to make a care plan

➤ **FOLLOW-UP TOPICS/WORKSHOPS**

✓✓✓ **Happy Habits:** Neuroscience based tools to harness and improve habits of the brain & body and boost creativity

✓✓✓ **Resilient People:** Adopt these 3 key features into your life to help create a strong culture of positive resilience

✓✓✓ **Constructive Creativity:** Caring for your mental health in the Creative Industry (What I wish I knew when I started out)

✓✓✓ **The Joy Dilemma:** Build a positive mental health culture and reignite joy in your job/life/relationships

FEEDBACK & CONTACT



» Andrea Clarke - Principal

'I could not recommend Julia highly enough to anyone wanting an outstanding speaker on Wellbeing. She made such an impact on our members.'

- Principal, Kaukapakapa School

» Financial Services Complaints Conference

'Julia was one of the favourite speakers at our Conference. Her keynote message of planning for the 'Wobbly' days on the good days really resonated and was relevant to everyone'

- Melody McCabe

» Elias Kanaris - The Crate

'One of the most INSPIRING presentations I've heard this year'

- Past President, Global Speakers Federation

» Ish Cheyne - Les Mills

'What an amazing, relatable speaker. Julia's keynote made us laugh, made us cry and made us think'

- Les Mills Head of Fitness

» Naomi Geldard - Lifeswitch

'Julia was a breeze to work with - totally adaptable and relatable to any audience'

- Lifeswitch Wellington

CONTACT FOR MORE INFORMATION

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Showreel: https://youtu.be/SLI7m_tZi3w

