

Jessica Rector's Introduction

Have you ever wondered who you are outside of work or your roles (job, spouse, or parent)?

Do you want to find out what's holding you back?

Could you use stronger relationships with family members, co-workers, clients, or yourself?

If you said, "Yes" to any of these, then you're in the right place.

Jessica is passionate about helping men reduce stress, eliminate inner conflict, and find out what's holding them back and helping the women in their lives better understand and communicate with them. She believes in creating a safe place for men to be their authentic selves, so they can find peace, fulfillment, and purpose. As a keynoter and corporate trainer, she believes improving men's health, happiness, and fulfillment are vital for them to better lead, love, and live. In doing this, we can transform their lives and the lives of those around them, ultimately changing the world.

When she is not speaking, she is acclimating herself with more Transformers and Superhero lingo. She can never know enough of this with a four-year-old son.

Please help me welcome keynoter, thought leader, and shark diving enthusiast Jessica Rector.