

JESSICA RECTOR

JESSICARECTOR INTERNATIONAL

Jessica Rector's Bio

Jessica Rector's mission is simple: **transform lives**. Whether those lives are at a conference, volunteering in Africa, audience members participating in **Change Your Thoughts, Change Your Actions, Change Your Life** experience, or an association, Jessica is dedicated to helping others transform their lives.

Most often, Jessica does this through her presentation Change Your Thoughts where she shares her secrets to adjusting what you say to yourself about yourself, so you can adjust your actions and transform your life. These steps work for **anyone, anytime, anywhere**.

From attempting suicide as a teen, self-judgment around becoming a single mom in her thirties, and having a brother who committed suicide, Jessica knows how living in shame can be debilitating. She knows the effects shame has on your self-worth, self-respect, and self-doubt. She believes when you stop the inner conflict, reduce stressors, and eliminate struggle, life is limitless. Jessica draws from her own experiences to **help others reach bigger goals, build stronger relationships, step into courageous leadership, and create joyful work and lives**.

Change Your Thoughts is Jessica's transformational, dynamic presentation. Jessica shares her proven secrets to **develop yourself and your teams to build better relationships, communication, and leaders**.

Jessica is constantly cited as being **"impactful, powerful, and engaging."** People "love her energy and enthusiasm" and often citing "We didn't even know how much we needed Jessica." Jessica's unique presentation style **imprints the content into memory and creates fast action for real results**.

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With a BBA, MBA and BS, Jessica started her own TV talk show in Los Angeles with just an idea to help others which led to **starting her own company JessICAREctor International and writing her books, Live Your Greatest Life and Live Your Greatest Life Journal**. Her highly anticipated soon to be released third book, *Breaking the Silence: Taking the Sh Out of Shame*, helps people free themselves by taking the silence out of the pain and hurt and create peace and freedom.

Jessica has **impacted thousands of lives** through conducting live events, working with individuals, and speaking at conferences, conventions, and companies including World Domination Summit, Leadership Conferences, Head Start Association of Virginia, and Survive and Thrive. She also has This Man Thing podcast to help men become their best versions of themselves. Jessica is a Contributor for *The Huffington Post* and has been seen on **ABC, NBC, CBS, FOX, Business Journal, and Market Watch**.