



JESSICA RECTOR, MBA

Changing Your Conversations



Jessica Rector's Short Bio

Jessica Rector's mission is simple: transform lives.

As a former TV talk show host, Jessica knows the power of asking questions in order to get to the real answers. With a BBA, MBA and BS, Jessica launched her first company **jessICARE**ctor International and has written five books including her latest best-seller, *Breaking the Silence: Taking the Sh(hh) Out of Shame*.

Jessica uses her research to help people and businesses increase performance, build confidence, and increase influence with the art of courageous conversations. She has impacted thousands of lives through consulting with companies, coaching individuals, and speaking at conferences including Mississippi Veterinary Medical Association, The University of Texas, Arlington, and Head Start Association of Virginia. Jessica is a Contributor for The Huffington Post and The Good Men Project and has been seen on ABC, NBC, CBS, FOX, Business Journal, and Market Watch.