



JESSICA RECTOR, MBA

Changing Your Conversations



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 the Courageous Conversations experience, or an association, Jessica is dedicated to helping others transform their lives.

Most often, Jessica does this through her presentation Courageous Conversations where she shares her secrets to adjusting your negative self-talk improve performance, build confidence, and increase influence. 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 died by suicide, Jessica knows how your inner dialogue can be debilitating. 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.

Courageous Conversations 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.

With a BBA, MBA and BS, Jessica started, hosted, and produced her own TV talk show in Los Angeles with just an idea to help others which launched her first company



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jessICAREctor International and writing the first of her five books.

After her brother died by suicide, Jessica started her latest venture, This Man Thing where men become their truest, best versions of themselves. Through her engaged Facebook group, podcast, and programs, men increase their freedom, confidence, and success at a rapid rate while getting the community, support and help from other like minded men.

As a Thought Leader, Jessica has impacted thousands of lives through corporate training, coaching individuals, and speaking at conferences, conventions, and companies including Mississippi Veterinary Medical Association, World Domination Summit, Head Start Association of Virginia, and The University Texas, Arlington. 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*.