



JESSICA RECTOR, MBA

Changing Your Conversations



Jessica Rector's Introduction

Jessica's mission is simple: transform lives. As a keynote speaker and author, she uses her research to help you improve performance, build confidence, and increase influence with the art of courageous conversations. Jessica consults with companies and organizations who want their people to reach bigger goals, create stronger relationships, and develop better leaders.

Jessica is passionate about helping you reduce stress, decrease burn out, and leverage rejection by changing what you say to yourself about yourself. When she is not speaking, she is acclimating herself with more Transformers and Superhero lingo, so she can carry on real conversations with her four-year-old son.

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