



# JESSICA RECTOR, MBA



## Jessica Rector's Short Bio

Jessica Rector's mission is simple: transform lives.

Jessica is known for her rare combination of energy, enthusiasm and vulnerability making her a dynamic, must see presenter. Jessica is an expert on changing your conversations by engaging in courageous conversations. She helps you turn your negative inner dialogue into positive action, overcome burnout, reduce stress, and enhance communication.

Before becoming a sought after speaker worldwide, Jessica was a TV talk show host, an award winning former top sales leader at a \$40 billion international company, and a broadcaster. She now uses her research to help people and businesses dramatically improve their effectiveness.

A #1 best-selling author, Jessica has written five books, including her latest release, *Breaking the Silence: Taking the Sh(hh) Out of Shame*. She has impacted thousands of lives through consulting with companies, coaching individuals, and speaking at conferences, companies, and associations including Keller Williams, Century 21, Mississippi Veterinary Medical Association, and The University of 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.

Jessica holds a bachelor's degree in marketing, a bachelor's degree in broadcast journalism, and a master's degree in marketing and is a member of the National Speakers Association.