



**JESSICA RECTOR, MBA**



## Jessica Rector's Introduction

Jessica's mission is simple: transform lives. As an expert, keynote speaker and #1 best-selling author, she uses her research to help you change your thoughts and take action, creating bigger, better results. Jessica speaks at conferences, conventions, and associations and consults with companies who want their people to improve performance, increase sales, and enhance influence with the art of courageous conversations.

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 five-year-old son.

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