

JESS KENNEDY

Speaker | Advocate | Change Maker



Jess is a Mental Health, Addiction & Recovery Motivational Speaker

As person who lived a life of undiagnosed mental health from a young age, for almost 18 years Jess barely survived in a world that felt wasn't ready for who she was.

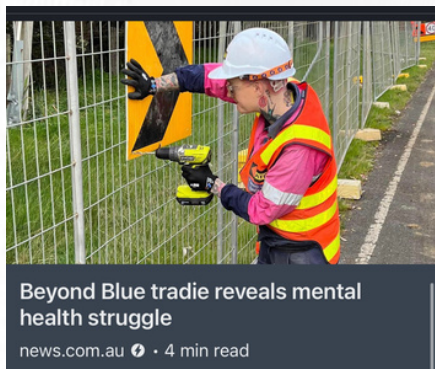
Jess tells her story in a way that not only makes the audience reflect on their own mental health and how they can see and hear someone who has got through to the other side - it educates all who listen that there is always a story that you don't know someone is going through.

Services Available

- Key Note Speaker
- Organisational Speaker
- Mental Health Speaker
- Addiction & Recovery Speaker
- Motivational & Resilience Speaker
- Mental Health Educator
- ADHD Advocate & Educator
- Consultant to Government Reform
- Consultant to Victorian Dept Health



Jess is a proud member of the Beyond Blue Speaker Program



Beyond Blue tradie reveals mental health struggle

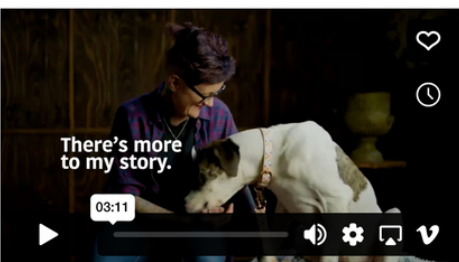
news.com.au • 4 min read

"Behind the smiling face of Jessica Kennedy was a dark secret she hid for years while climbing her way up the corporate finance ladder. Unbeknown to her boss or colleagues, her high performance was, in part, the result of her increasing reliance on illicit substances to get through each day. Her routine completely fell apart one day however, when she overdosed in the middle of her working day"



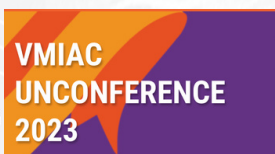
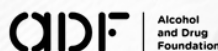
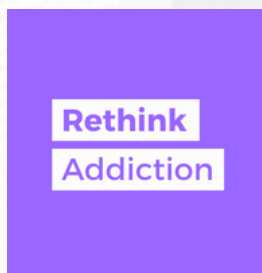
"Just one of the key highlights at our recent all staff event. Thanks again Jess Kennedy for sharing your powerful story and insights with the ADF staff. Your courage in telling your story is an inspiration and your message really resonated with many of us."

"Jess has a wonderful way with words. Her ability to wear her heart on her sleeve and deliver her narrative with a rhythm that feels almost poetic, resonates with everyone who hears her."



There's more to my story.

03:11



BOOK JESS
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