



# SPEAKING, KEYNOTES AND PRESENTATIONS

Interactive keynote presentations facilitated by Executive Coach,

## **Jessica Symes Toomey**

MSc (CoachPsyc)

**Jessica is a leader and expert voice and advisor in the fields of career, communication, and personality in a professional and workplace context. Jessica is a highly sought after executive coach and leadership consultant who regularly speaks in the media on career, employability, and workplace matters. She is a seasoned keynote presenter in the corporate speaking arenas and celebrated as vivaciously energising and enthusiastic, insightful, knowledgeable and above all entertaining.**

Jessica specialises in the following keynote topic areas.

### **KEYNOTE 1: 'Career Confidence'**

Learn how to take control of your career, create career confidence and create a path that is sustainable, purpose driven and based on your unique strengths, values and passions. Develop your mental toughness, strength and resilience to feel empowered in your own career. Look to behaviour change science, positive psychology, wellness science and goal attainment theory in the pursuit of the best, most resilient, positive, and resourceful version of you.



### KEYNOTE 2:

#### 'Women in Leadership'

Develop and refine your leadership capabilities, skills and toolkit. With a practical approach and the support of current thought leadership and models, this keynote will inspire you to be the most authentic leader you can be. In the pursuit of gender equality and equity we empower each other and empower ourselves to drive commercial success and look towards a future of Women in Leadership and Business with thriving, successful and motivating careers, and work life integration.

### KEYNOTE 3:

#### 'The Thrill of Creative Leadership'

We are resourceful, solution focused and innovative. We are also creative and learning the skills involved in utilising that creativity in leadership is essential. Creativity is key to collaboration and communication in supporting high performing teams and to developing passionate, innovative, and entrepreneurial individuals. Your career is a creative and innovative process and unpacking the theory and practical approaches to enhance creativity is an essential and joyful experience.

### KEYNOTE 4:

#### 'The Power of Personality to Realise Potential'

Realise your full potential by understanding your strengths, motivators and drivers to develop leadership, communication and collaboration skills. Engage the science of personality for team building, the creation of high performing team and to take a strengths-based approach to your career and of those of whom you lead. Jessica uses 'Facet5', the leading global personality tool to realise potential in her work with teams and individuals.

### KEYNOTE 5:

#### 'The Art and Science of Career Conversations'

Learn and imbed the practical skills and tools involved in having empowered career conversations with your people, and develop a tool kit of models and approaches to career coaching. Career development, mapping, conversations and coaching is the essential leadership skill moving forward. Being ready, confident and empowered to engage in coaching moments at any stage, as well as more formal coaching conversations will add enormous value to the engagement of your teams and your people.

**Delivery style:** Interactive workshop style keynote presentations using evidence based coaching psychology, autonomous adult learning principles, motivational theory, and behaviour change science. The purpose being, to engage, teach and promote self-reflection to create a call to action for the foundations of positive, purposeful change.

Jessica's style is energetic, enthusiastic, passionate, entertaining, performative, creative, humorous, and sometimes wildly over the top. She is compassionate, knowledgeable, insightful, direct and tough but always empathetic, and believes everyone has the ability to change at the better.

*"She is infectiously energetic, passionate, positive, and engaging. Her presentations are always interactive, unique, theatrical, and creative. Jessica will challenge, motivate, inspire, and break down the big concepts, theories, and models into tangible, step by step guides that can be implemented into the reality of the everyday".*

#### **Duration:**

60 to 90 minutes  
Half day

#### **Delivery method:**

Face-to-face or  
virtual

#### **Audience numbers:**

From small teams to  
large group cohorts  
and beyond.

#### **Audience demographic:**

From graduate program, early  
career to mid-career to cohorts  
of senior executives/ teams.