

Optimise Your Brain Performance

Productivity. Innovation. Wellbeing.








Jessica Lee

"The Wellbeing Connection: Redefining Productivity and Success"

An overwhelmed, overused and overtired brain is not a smart brain!
Optimise the performance and wellbeing of your team through the latest in neuroscience. Discover brain-based performance strategies that will allow your team to reach their full potential, without burning out!

Transform How Your Team Thinks And Works

Session Outcomes:

-  Enhance workplace wellbeing
-  Increase focus and productivity
-  Beat overwhelm
-  Manage stress and pressure
-  Solve problems faster using creativity and innovative thinking

"Jessica had great ideas and strategies to improve both creativity and productivity at work. We continue to see many examples of the team using their learnings."

Nicole Steven, Head of Business Development, Blackmores

"Jess was an amazing speaker! She was informative and engaging and really knew her topic! She was organised, well prepared and very confident. Everyone got a lot out of the night and really enjoyed it. We would welcome Jess back any time and highly recommend her as a Guest Speaker at any event or function."

Jacki Stevenson, Co-Owner, Curves Sutherland



Book Jessica

My Story

I began researching the power of the brain after being diagnosed with Chronic Fatigue Syndrome at 23 as a result of being burnt out. It took me seven years to recover from this illness, but in that time I began exploring the power of the brain and what it means to develop health and wellness. I then launched a new career as a freelance writer to help others struggling with stress, overwhelm and health issues.

Once I recovered and started my own consultancy business, I noticed the high rates of stress and overwhelm in the business world. Having promised myself I would never burnout again, I decided to research the optimal brain conditions for focus, productivity and success. What I discovered was an overwhelmed, overused and overtired brain is not a smart brain! In fact, peak performance is reliant on health, happiness and wellbeing. Yet, most of our daily habits are wiring our brain to work less optimally and increase stress and illness.

I am now a healthy brain advocate, training corporate teams and business owners on how they can redefine the habits of productivity and peak performance so they can achieve more, think creatively and re-imagine what is possible...without sacrificing their health, wellbeing and joy.

Contact Details

Email: jessica@thesparkeffect.com.au
Mobile: 0424 358 334
Website: www.thesparkeffect.com.au/speaking

"Jessica's session was really thought-provoking and refreshing. She helped me truly understand through her life story and her knowledge of the field of neuroscience how she was able to re-build her life. I took away clear personal strategies to help me invest in my health, to focus on what magnifies me and to work on developing the best version of myself. Jessica's energy and happiness was so infectious and inspiring. I would highly recommend her sessions."

Sue Sleiman, Wired For Wonder/Commonwealth Bank of Australia