

The Optimal Brain Zone

Creating Sustainable Success In Business



Jessica Lee

Optimise the performance and wellbeing of your team. Implement the latest discoveries in neuroscience to increase productivity, focus, health and wellbeing to equip your team to work in The Optimal Brain Zone and create sustainable success.

Work In The Optimal Brain Zone:



Enhance Productivity

An overwhelmed brain is not a smart or efficient brain. Adopt new work habits that allow your brain to work at it's best. Get more done, with more ease and less stress. Increase focus, motivation, momentum and productivity.



Manage Stress

Stress shuts down the brain's strategic and creative thinking abilities. Implement brain-based strategies to manage stress and switch into a Solution Mindset. Increase clarity, calm, confidence and creativity.



Increase Wellbeing

Health and happiness are crucial to productivity, motivation and wellbeing. Discover simple steps to increase wellbeing to create sustainable success in business.



Book Jessica

Creating Sustainable Success In Business

Hi, I'm Jessica Lee. I'm a passionate advocate for creating sustainable success in business. Having been on the other side of burnout, I know what it costs! After pushing too hard and experiencing burnout at 23, I was diagnosed with chronic fatigue syndrome. This illness was a significant turning point in my life.

In the seven years it took me to recover, I committed to learning everything I could about neuroscience, positive psychology and wellbeing practices. I discovered what our brain needs to thrive, what mindsets lead to success, and what wellbeing habits support sustainable success.

Over the past decade I've been an educator and speaker, running my own business, The Spark Effect. I train corporate teams and business owners to adopt new brain-based habits and mindsets that equip them to work in The Optimal Brain Zone, so they can achieve with ease, create sustainable success and feel great in the process!

Contact Details

Email: jessica@thesparkeffect.com.au

Mobile: 0424 358 334

Website: www.thesparkeffect.com.au/speaking

"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