




Jessica Bean

professional speaker • writer • health empowerment coach



“If there is one thing I absolutely know for sure, it is the crucial role taking control of your health plays in living the life you really want for yourself.”

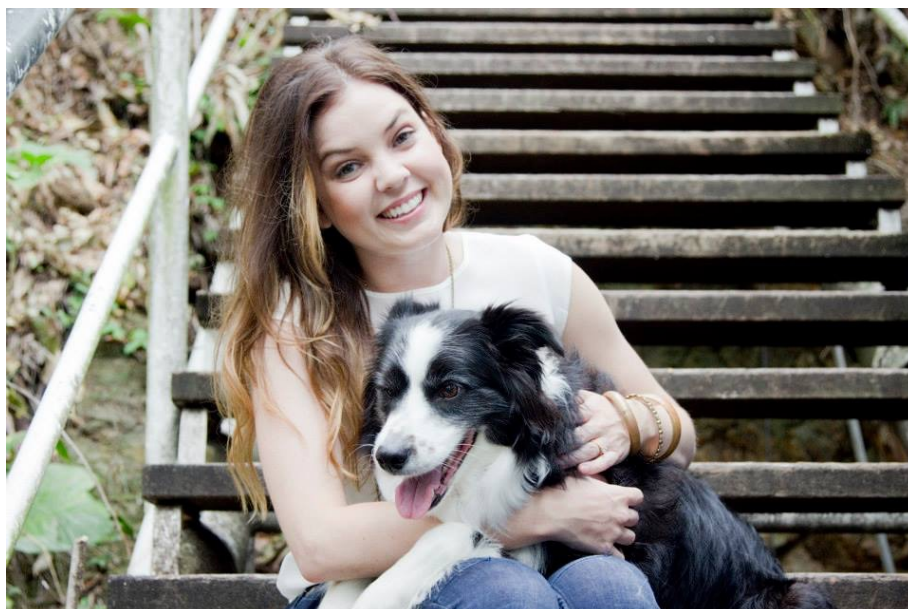


Meet Jessica Bean

Inspiring professional speaker, writer and health empowerment coach.

Having lived with Cystic Fibrosis since birth, Jessica supports young women living with illness to confidently and courageously become advocates for their own health and happiness.

At the age of 21, Jessica was told she would need a double-lung transplant to survive. Unwilling to accept this prognosis, Jessica courageously decided to take control of her health experience.



Through a powerful combination of lifestyle changes, new medical treatments, hard work and the support of an incredible team of health professionals, Jessica learned how she could take greater control of her health and, ultimately, her life.

Today after a six-year journey, Jessica's perseverance has thankfully paid off and she is still breathing through her own lungs. While she now leads the life she dreamed of from her hospital bed, she still faces the constant challenges of living with just 50% lung capacity, inspiring others with her demonstration of what is possible regardless of even the greatest health obstacles.

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Jessica is now a professional speaker, health empowerment coach and contributor to a number of blogs. She writes candidly about health, wellness and her experiences as a patient, and has built a strong community of online followers.

Her inspirational work encourages women to develop the clarity, confidence and courage they need to respond to their health challenges, so they can move beyond being the patient and embrace the life they truly want. She also works with healthcare professionals to help them improve the patient experience.

"I believe that each individual's health needs are as unique as they are and, as such, there is no right or wrong when it comes to healthcare."

Overcoming a major hurdle in her health battle has made Jessica wise beyond her years and ready to share her insights with the world.

As seen on...



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Motivating patients and healthcare practitioners

Jessica openly discusses how she developed the courage to take control of her life and how she continues to maintain her health and mental wellbeing.

A professional speaker with warmth and generosity, Jessica speaks at high-profile events around Australia and the USA, sharing her story about the reality of living with Cystic Fibrosis and the lessons that can be learned from her experience. She has trained under New York Times best-selling author Gabrielle Bernstein, has shared the stage alongside World Vision's Tim Costello and been invited by musician Wes Carr to speak for his fans. As a former finalist for the Tasmanian Young Australian of the Year, Jessica has a vibrant spirit and passion that engages and inspires her audiences.

Empowering young women living with illness

Embracing her second shot at life, Jessica shares her story with other women affected by chronic illness. She speaks about traditional and holistic healthcare and how the two styles can complement one another, as well as the importance of making positive health choices. As a strong advocate of mental wellbeing and spirituality, Jessica also talks about how she developed the strength to handle the tough times and the importance of embracing the good times without fear for the future.

"Jessica had the audience awe-struck with her powerful and incredibly inspiring message. People like Jessica empower the world with an honesty that can only be gained through personal experience. Her story needs to be heard by anyone looking for another key to unlock something within themselves."

Wes Carr, Musician



Working with medical professionals to improve the patient experience

With the belief that doctors and patients can think of themselves as a team, Jessica speaks to medical and pharmaceutical professionals about their role in providing positive patient experiences. She speaks with honesty about Cystic Fibrosis and the

healthcare system, providing beneficial insights into the experience of living with chronic illness and answering all the candid questions healthcare professionals so often wish they could ask their patients.

“Sufferers of Cystic Fibrosis are handed a narrative that we accept to be our life story. It is easy to become lost in this and forget the story that is within us.”



Pharmaceutical Presentation, Boston, MA, 2015



Jessica's signature speeches for events and workshops

Choose Health

“Knowing ourselves and what best serves us is the number one thing we can all do for our health.”

After deciding to do whatever it took to avoid a lung transplant, Jessica discovered the power of her own strength. This motivational talk looks at how she made the conscious decision to take control of her health using a combination of health paradigms. Now a health empowerment coach, Jessica draws upon her training and personal experiences to inspire those living with chronic illness.

Lessons shared in this talk include how to become your own health advocate, making proactive health choices, building a support network and remembering you are a person, not just a patient.

Choose Health is suitable for young women battling health challenges or parents of children with chronic illness.

"I don't think I would be as healthy, nor as efficient in my health if I didn't come across Jess. Her strategies mean the world to me – I honestly don't think I would be as happy in my day-to-day life without her."

– Coaching Client and Cystic Fibrosis Patient



Lead with Your Heart

“When your heart opens, you become grateful for every little thing.”

This uplifting talk recounts Jessica’s darkest moments in her hospital bed, and the powerful impact her state of mind had on her overall health. She openly discusses how she learned to embrace life once again. By enjoying the good times whenever she could, Jessica stopped worrying about the future and started living in the moment.

The audience will discover the connection between their physical and mental health, and learn how to find purpose and peace, eliminate fear and live life to its potential.

Lead with Your Heart is for women living with chronic illness, natural healthcare practitioners and those who want to embrace a healthier lifestyle, both physically and mentally.



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Inside the Hospital Bed

“While science has made incredible advancements to treat Cystic Fibrosis, the reality is the life expectancy for people such as myself is still low.”

Discussing patient life from her perspective, Jessica recalls her experiences within the healthcare system. She speaks with transparency and honesty, offering medical practitioners with insights they wouldn't normally encounter in their typical patient relationships.

In this talk, healthcare professionals can learn more about what it's really like to live with chronic illness – both physically and mentally – the importance of open communication and how their interactions can have a positive impact on a patient's health.

Inside the Hospital Bed is for doctors, physiotherapists, pharmacists and other allied health professionals.

"Jessica is an authentic and engaging speaker who shares her inspirational wisdom when it comes to a holistic approach to health. She speaks from the heart, is flexible and professional, and I've been so delighted to work with her."

– Amanda Rootsey, Shine From Within



Speeches for groups and workshops

Jessica speaks at a range of events, including conferences, workshops, health seminars, fundraisers, breakfasts, women's events, workshops, corporate events and staff retreats. She can speak to groups both large and small, and is also available to facilitate workshops.

To ensure your audience gets the most out of Jessica's appearance, she tailors each of her speeches to your group. Her intention is to provide her listeners with the mindset and the tools they need to implement positive change.



“We have a responsibility to find what it is that speaks to us so deeply that we can find our way home. Because when we do this, when we stop taking those hesitant baby steps, what we find is a deep love for life.”



Speaking topics

Choose the topics that are most relevant to your audience and Jessica will customise a speech for your event.

Take control of your future

- Self-love and awareness
- Philanthropy
- Finding purpose in your life
- Resilience
- Spirituality and health
- Making positive choices

Life with chronic illness

- Cystic Fibrosis
- Making proactive health choices
- Embracing life, despite illness
- Medical research
- Relationships and the impact of illness on loved ones

Please contact Jessica directly at contact@jessicabean.com.au to discuss your event and the style of presentation you require.





Contact Jessica

Contact Jessica for a proposal to speak at your event. She is based in Brisbane but happy to travel to your destination (especially if it's a tropical island).

contact@jessicabean.com.au

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“If I wanted a different future for myself, I had to become my own warrior. I was the one and only person who could change my health. No matter how much anybody loved or cared for me, nobody could do it for me. I had to take control and own it.”

