

# Jules Lewis

Speaker. Explorer. Personal Leadership Specialist



## Explore and unlock your highest potential

Jules Lewis speaks right from the heart of experience, to stir something in all who listen – however big, however small, always relevant, always powerful.

She is a high-energy catalyst for personal and professional transformation, tapping into her own stories borne from her unusual experiences across business, sports, adventure and life!

Indeed, the professional adventurer that is Jules has already touched hundreds of entrepreneurs and business leaders, helping them to step out of their comfort zone and reach new personal and professional heights.

Infused with her personal stories and insights, her passionate, keynote presentations and success seminars are always supported by powerful images and reinforced with thought-provoking messages.

Time spent with Jules means tremendous take-home value, for individuals and companies alike. Participants leave inspired to take consistent ACTION on their path to success

As a result, Jules is a sought-after speaker and one of the worlds finest educational, inspirational, and motivational communicators.

- Jules has led multi-national teams of men and women on 50 expeditions to over 20 countries to include the Arctic and Antarctica and on a personal level has climbed 19 high-altitude mountains reaching a personal best of 7000m on Cho Oyu in Tibet.
- Jules writes for a number of regional and international publications and is a regular radio and TV guest.
- She is the author of “The Strength and Spirit of Women” which recounts the story and images of the first team of breast cancer survivors on an expedition to Antarctica.
- Jules holds a degree in Sports Science, is a NLP Master Practitioner and Coach, Mindfulness facilitator, a certified Stress Management Instructor, and is currently in practice with the Institute of Zen Leadership.
- Jules works with some of the top organizations in the Middle East and Asia. Typical clients are corporate, NGO's, universities, healthcare, hospitality, airlines, banks, law firms and various sports associations that want to consistently perform at their peak and are looking for a guide to lead and inspire the way.

## Speaking Topics

- How to Think, Eat, Move and Sleep Like A Winner
- Essential 21st Century Leadership Traits
- The Mountain in ME; the Mountain in YOU - Leading with Courage and Confidence
- Leadership Lessons from the Mountains, Desert and Polar regions
- Zenergy – Bringing Zen and Postiive Energy to Business, Sports and Life
- Mental Strength & Resilience – how to bounce back after setbacks in business, sports and life.
- Turning Stress into Success
- Pushing Boundaries
- Setting and Surpassing Challenging Goals
- Letting Go of Fear & Living Your Wildest Dreams