



Jess Bonasso  
The Self Care Goddess

## Are you a high-reaching woman that struggles with chronic stress, overwhelm or exhaustion?

If the answer is yes, you might be struggling with burnout, a condition caused by over-working, over-giving, or a build-up of overwhelming stressors & challenges in your life.

Burnout is quickly becoming an epidemic among care-givers, service-providers, over-achievers, & especially women in the workforce as pressure to provide financially on the home front has increased.

Typically, burnout begins to present as chronic stress, overwhelm, or exhaustion & can eventually lead to physical or emotional health issues.

As a result of this epidemic, (and according to a

study done in 2015\*) almost 75% of women in the workplace today report having anxiety-related health issues, with only 40% seeking medical assistance.

This means that 60% of women in the workforce are inadequately trying to cope with anxiety, stress, & burnout on their own and won't do anything about it until it affects their health!

The answer to the problem?

For high-reaching women around the world to discover & master the art of self-renewal!

*\*Source: "Generation burnout: Three-quarters of women suffer from stress-related anxiety," The Telegraph, December 3, 2015*

*"Self-care is not selfish. You cannot serve from an empty vessel." — Eleanor Brown*

### About the Self Care Goddess

Jess Bonasso is a coach, author, speaker, & burnout recovery expert who helps **high-reaching, high-achieving women** break free from burnout, re-ignite their radiance & discover how to reinvent success without sacrificing their soul, sanity, or health!

Having experienced burnout in both the corporate world and as a heart-centered entrepreneur, Jess is no stranger to the pitfalls of trying to be a modern-day superwoman.

In fact, her definition of success zapped her radiance, destroyed her joy, sabotaged her success, and ultimately led to burnout.

Because of her personal challenges, Jess became committed to the art of self-renewal and now knows how to break free from burnout & re-ignite her radiance!

As a result of overcoming her own challenges, Jess is now deeply passionate about self-renewal & strongly committed to sharing the simple, real-world strategies she's learned with women around the world to help them go from burnout to bliss, reignite their radiance, and reinvent success without sacrificing their soul, sanity, or health!

## Professional Speaking Topics

### **The Art of Self-Renewal: How to Break Free from Burnout**

Discover what burnout is, why it's quickly become an epidemic that limits our happiness & success in the workplace, and how to prevent or break free of it in both your personal AND professional life.

### **The Way of Self-Mastery: How to Overcome Challenge & Break Free of Sabotage**

Discover the unique fears that demotivate you, learn the repeatable steps to overcoming challenge, and discover how to break free of self-sabotage in ANY area of your life.

### **Re-Design Your Life: How to Have More Energy, Joy, & Effectiveness in Your Life**

Discover how to increase your energy levels & have more joy without sacrificing your soul, sanity, or health by learning how to more effectively manage ALL aspects of your life.

### **Stress-Busting 101: Self-Care for Anxiety, Stress, & Overwhelm**

Learn simple self-care rituals to help you be more resilient, have more energy & live more effectively so you can better manage anxiety, stress, & overwhelm in your life.

### **Break That Habit: How to Replace Bad Habits with Self-Care Rituals for Success**

Discover how to eliminate bad habits & learn the science behind fostering happiness & success in ANY area of your life, one repeatable step at a time.

### **Boundary-Setting 101: How to Plug Energy Drains & Eliminate Self-Sacrifice**

Discover how to deal with people & things that drain your energy & eliminate self-sacrifice by learning how to set better boundaries with your time & energy.

### **De-Clutter Your Life: How to Organize Your Life for Greater Clarity, Joy, & Success**

Discover how clearing the clutter & better organizing your life can help you eliminate negativity, drama, & energy drains that limit your happiness, prosperity, & success.

### **Natural Wellness: Essential Oils for Happiness, Health, & Harmony**

Discover how to enhance your happiness, take care of your health naturally, and achieve greater peace & harmony in your life using the power & purity of essential oils.

**\*NOTE:** In addition to professional speaking, Jess also offers private coaching, group coaching, training programs, & transformational workshops, immersions, & retreats.

To learn more or to book Jess as a speaker, simply call, email or visit her website!  
Call: 720-333-6796 | Email: [info@RadiantSelfCare.com](mailto:info@RadiantSelfCare.com) | Web: [www.RadiantSelfCare.com](http://www.RadiantSelfCare.com)