



Jess Bonasso
The Self Care Goddess

Are you a busy, high-reaching super hero that struggles with unresolved exhaustion, stress, overwhelm, or unhappiness?

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. Oftentimes, self-sabotage is the root cause!

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 but it can eventually lead to physical or emotional health issues that if left unchecked can become dire in nature & lead to extreme unhappiness!

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 burnout recovery expert who helps **busy, high-reaching super heroes break free of the sabotage that leads to burnout & re-ignite their greatness without sacrificing their soul, sanity, or health!**

Having experienced burnout in both her 13 ½ year corporate career 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 & quest for productivity zapped her radiance, destroyed her joy, sabotaged her success, and ultimately led her to burnout (and a spiritual awakening!).

Because of her personal challenges, Jess became committed to the art of self-love, self-care, self-renewal, & self-mastery and now knows how to re-ignite her radiance whenever she begins struggling to juggle the passions & responsibilities of a high-reaching woman!

As a result of learning how to overcome her own challenges with burnout, Jess now shares tools, tips & real-world strategies on burnout recovery & prevention with other high-reaching super heroes so they too can re-ignite their greatness without sacrificing their soul, sanity, or health!

Professional Speaking Topics

The Burnout Breakthrough! How to Break Free From Burnout for Life

Discover what burnout actually is & why it's quickly becoming an epidemic that limits our happiness & success in business & in life. You'll also learn the ultimate cause of burnout & the simple solution to break free of burnout once & for all!

Become Your Own Hero! How to Master Your Self, Health, & Life

Discover the repeatable steps to break free of any challenge, create MASSIVE change & become your very own hero in ANY area of your life without sacrificing your soul, sanity, or health!

Say YES! to YOU! How to Set Boundaries Like a Badass In Business & In Life

Discover how to eliminate self-sacrifice, plug energy drains & set boundaries in a way that honors EVERYONE involved so you can have more time for YOU!

From Fear to Freedom! How to Heal Your Life & Set Yourself Free

Discover the unique core fears that block your greatness along with a repeatable path to freedom that can heal your life. You'll also learn powerful ways to reclaim your inner power so you can set yourself free of the fears that bind you!

Re-Design Your Life! How to Eliminate Exhaustion, Stress, & Overwhelm

Discover how to re-design your life & eliminate exhaustion, stress, & overwhelm with 6 simple steps that will increase your energy, accelerate your joy & help you more effectively manage ALL aspects of your life!

Stress Less & Start Living! Self-Care for Anxiety, Depression, & Overwhelm

Learn simple self-care rituals to help ease worry & anxiety, manage your emotions & live more effectively so you can stress less & start living!

**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 | Web: www.RadiantSelfCare.com