JULIA GRACE BIO

Julia Grace is an international keynote speaker and Tui award winning singer-songwriter, with a strong background in Health Education. Using a unique blend of Science, Story and Song, Julia shares her personal journey with depression and anxiety to encourage audiences to Be Kind to their Minds.

She tackles a heavy topic with a lighter touch, specialising in practical tools and language around mental health that the whole whanau can use, audiences laugh, cry and learn with this unique communicator.

Julia is the current Vice President of the Professional Speakers Association of New Zealand and Founder of the Juliagrace Charitable Trust, a Mental Wellness educational initiative.

YouTube: Julia in action <https://youtu.be/ouW3EFQSsXQ>

Facebook: <https://www.facebook.com/juliagracenz/>

Instagram: <https://www.instagram.com/juliagracenz/?hl=en>

Website: <https://www.juliagrace.co.nz/>

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