



JOHANNA PARKER

is a Melbourne-based, heart-centred life and confidence coach, international speaker and MC, authenticity-advocate and founder of her greatest passion and life work: her life coaching and personal development business, Heart Sparks (www.heartsparks.com.au).

She has an extensive professional background in social work, counselling, leadership, people management and project work for systemic change in the Youth sector and is an internationally certified life coach through the International Coach Federation (ICF)-accredited coaching studies at the Beautiful You Coaching Academy, where she now also

works as a Senior Trainer supporting incredible people to become phenomenal life coaches.

Hailed by Women's Fitness Magazine as a 'positivity expert', over the past ten years she has empowered thousands of young people and adults across not-for-profit, local government, education and community settings to become more connected to themselves, unearth their passions, confidently embrace their uniqueness and implement sustainable change to build incredible, purposeful lives. Her work has been featured in a range of print and online media, including Renegade Collective, ELLE Magazine, CLEO Magazine, Huffington Post, the Daily Guru, Inspired Coach Magazine, Maximizer Magazine and ROOAR Magazine. She has appeared live on national radio broadcasts and on national television, where she has also been a strong campaigner against youth homelessness in Australia.

Jo is an active volunteer in many community development and empowerment initiatives and she has been a Director for Rotary International District 9780's Rotary Youth Leadership Award (RYLA) program since 2010.

Jo's greatest privileges are to travel, to meander around Melbourne's many coffee shops and to support individuals to passionately chase their dreams with unashamed authenticity - there is nothing that excites or motivates her more. She believes that we live our best life when we stand proudly and powerfully in all that we authentically are, and her life is dedicated to providing you with the tools and support to do just that.