



JOHANNA PARKER

is a Melbourne-based, heart-centred life, confidence and public speaking coach, international speaker and MC, authenticity-advocate and founder of her greatest passion and now life work: her coaching and personal empowerment 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 worldwide 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 full of self-worth and pride. Her work has been featured in a range of print and online media, including Renegade Collective, ELLE Magazine, the Daily Guru, Inspired Coach Magazine, Soulful Living Magazine, the Youth Mentor Podcast and ROOOAR Magazine. She has appeared live on many national radio broadcasts and on national television, where she has also been a strong campaigner against youth homelessness in Australia and for ending violence against women.

Jo is an active volunteer in many community development and empowerment initiatives, has been a Director for Rotary International District 9780's Rotary Youth Leadership Award (RYLA) program since 2010 and believes that we live our best life when we stand proudly and powerfully in all that we authentically are while banding together in honest conversation to build sustainable, empowered communities. Her life is dedicated to providing the tools and support to do just that.