



Johanna
Parker



Official Bio

Johanna Parker is an award-winning Australian-based, heart-fuelled and connection-led life, confidence and public speaking coach, international speaker and space holder, personal leadership maven, fear-dismantler, coach trainer, educator, strategist, communication expert and the founder of Heart Sparks (www.heartsparks.com.au), where, through a unique combination of heart, strategy and healing, she passionately supports both adults and adolescents worldwide to master their mindset, ignite their voice and build sustainable, purposeful lives with an unwavering sense of self-worth and pride.

With an extensive professional background in social work, crisis intervention, counselling, leadership, people management and project work for systemic change prior to her life work as a coach and speaker, Jo longs a world where we hold wholehearted agency over our lives, show greater authenticity in entrepreneurship and co-create with equity in our communities. Through her powerful coaching, curriculum, keynotes, trainings, workshops and retreats, Johanna passionately supports her clients and audiences to align their head and their heart with deeper conviction.

Hailed by Women's Fitness Magazine as a 'positivity expert', over the past ten years her work has seen thousands of adults and workplaces build unwavering confidence and clarity within themselves, her school-based curriculum has transformed wellbeing conversations in the education sector and her work as a Coach Trainer has supported hundreds of heart-centered people across the globe to build successful service-based businesses. Her work has been featured in a range of print and online media, including Renegade Collective, The Herald Sun, The Huffington Post, Pro Bono Australia, ELLE Magazine, the Daily Guru and Inspired Coach Magazine. She has appeared on countless podcasts, national radio broadcasts, online channels and on national television, where she has also been a strong campaigner against youth homelessness in Australia and for ending violence against women.

Jo loves to travel, to nestle in with a good coffee and to support individuals to passionately chase their dreams with unashamed authenticity. 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.