



Jessica Robbins

Specialises in developing Peak Performance Individuals and Leadership Development

Jessica is pushing back the boundaries of what the human mind is capable of achieving...



After graduating from UCL in 2001 with an MSci (Hons) in Mathematics and Computer Science, she enjoyed a successful career with JPMorganChase and Schroders. During this time, Jessica began studying the science of Neuro Linguistic Programming (NLP), Advanced Hypnosis and accelerated learning techniques and used these powerful tools to make extraordinary changes in her own life.

With a natural gift for understanding behaviour and getting results along with a passion for making a difference, Jessica then began helping individuals, teams and organisations fulfil their potential. In 2004 she started Birds in Business, offering networking opportunities and training to women starting and running their own businesses. She now specialises in the psychology of Peak Performance and Outstanding

Achievement.

Jessica injects her energy, playfulness and boundless possibility into everything she does and advises and coaches athletes, performing artists and business professionals from around the world. She uses her own skills, experience and research into the potential power of the human mind to inspire outstanding achievement in others.

Recently, Jessica has served as a consultant within the broadcast media and is creating and developing lifestyle TV formats and a series of books on behavioural change and personal transformation. Her first book „How to Lose Weight Without Dieting“ was published by Prentice Hall in December 2007.

As part of her energetic and active lifestyle, Jessica uses her expertise in Peak Performance, to accelerate her own journey towards winning the 2012 Olympics in Taekwondo, for which she began her training in August 2007, after curing a back disease that had originally prevented her from training at age 21. She recently won Bronze at the British Championships after being back in training just 3 months.

As her professional knowledge accelerates her performance as an athlete, so does her experience as an athlete enhance her ability to deliver powerful solutions within her personal development and leadership training.

Jessica sets many exciting and playful goals for herself and has already achieved some of her favourite goals. She has already become a published author, a TV presenter and a professional singer and still hopes to win the olympics and an Oscar for best screenplay in years to come. The possibilities are endless.