



DR. JESSICA VAN JAARVELD

A Grounded Voice on Wellbeing, Meaning & Nature

The Restlessness We're Living With

Many people feel distracted and depleted, even when life appears full and productive. **Constant busyness, digital life and endless consumption** leave us *doing* more while *enjoying* less. This keynote approaches wellbeing as a problem of lost groundedness - **rooted in our growing disconnection from the natural world** - rather than simply stress or balance.

Why Book Jessica?

Dr. Jessica van Jaarsveld holds a **PhD in Environmental Ethics** and researches the conditions for human flourishing. She brings intellectual depth and lived insight to wellbeing conversations, offering a perspective that is **reflective, grounded and genuinely different** from standard wellness or resilience talks.

Keynotes That Add Meaning

*A practical **wellbeing keynote** grounded in how we live, work & relate to the natural world.*

The keynote looks at why email-driven, screen-filled lives leave many people restless and dissatisfied. Through stories and simple examples, it highlights **practical, everyday shifts** in how we create, consume and notice the world around us to enhance wellbeing.

- ✓ **Inspires Action** – Academic depth meets practical insight to spark real change.
- ✓ **Proven Expertise** – Over a decade of research and global presentation experience.

✓ **Included Bonus** - Complimentary access to Jessica's online courses on grounded parenting, designed to support everyday family life.

"Informative and inspiring in equal measure..."

— Graeme Codrington, CEO,
The TomorrowToday Futures Institute