

# MIND-BODY

## TRANSFORMATION

**WHEN YOU CHANGE  
YOUR MIND, YOU CAN  
CHANGE THE WORLD**

*Explore how biology, mindset,  
and consciousness intersect to  
create personal transformation  
and global change.*

**LET'S BLOW  
THEIR MIND &  
IGNITE THEIR  
HEART**

*From the structure of our  
brain and frequency of our  
heart, to the consequent  
chemicals throughout our  
body - there is science to how  
we are manifesting every  
aspect of our life. With self-  
awareness, everything can  
change within a moment.*

**THE WORLD IS  
TRYING TO SELL US  
BEAUTY, HEALTH &  
HAPPINESS**

*The truth is, our medicine  
comes from within*

**EMPOWER YOUR  
AUDIENCE WITH  
SELF-AWARENESS**

*When they understand  
they have the power to  
change anything,  
everything changes!*

**SPEAKER & TRANSFORMATIONAL EDUCATOR**

# JEMAIN FINLAY

**LET'S CREATE A RIPPLE EFFECT  
IN HUMANITY TOGETHER.**

[WWW.JEMAINFINLAY.COM](http://WWW.JEMAINFINLAY.COM)

# WHY WE NEED TO EMPOWER OUR COMMUNITIES...

When individuals are overwhelmed, anxious, and disconnected:

**Families and relationships suffer.**

Emotional reactivity and disconnection ripple through households.

**Communities grow fragmented.**

Collective stress erodes trust and social cohesion.

**Societal systems buckle under the strain.** Healthcare systems, workplaces, and economies bear the weight of preventable stress-related illnesses.

Conversely, when individuals reclaim self-awareness and body literacy, they not only heal themselves but create a ripple effect of change for those around them.

Personal transformation catalyzes global evolution.

**Empowered Individuals are Resilient**

**Individuals:** By understanding the mind-body connection, people learn to navigate stress, prevent burnout, and reclaim inner peace.

**Body Literacy is Liberation:** Teaching individuals to tune into their physiological and emotional signals creates agency over their well-being and decision-making.

**Self-Awareness is Transformative:**

When we observe our thoughts, emotions, and behaviors without judgment, we break free from self-sabotaging patterns and reframe our experience of stress.



Humanity is at a crossroads. We cannot afford to continue operating in survival. By bringing self-awareness and body literacy to the forefront, we are equipping individuals to rise above cognitive overload, reconnect with their inner wisdom, and take ownership of their lives.



*The first five minutes brought tears to my eyes. I felt like Jemaine was talking specifically to me. I felt so seen in my experience.*

**Maria D. - Guest,  
KoCreate Speaker Series**



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# SIGNATURE TALKS

Jemaine delivers simple, actionable strategies that enhance inner peace, resilience, and transformation in individual's lives. She brings a unique blend of relatability and scientific depth to the stage, helping individual's overcome stress and create lasting positive change in physical, psychological, and spiritual wellbeing.

## THE BIOLOGY OF BELIEF

### HOW A CHANGE OF MIND CAN CHANGE THE WORLD

In this groundbreaking talk, Jemaine reveals the profound connection between the mind and body, showing audiences how their beliefs shape their reality. Through captivating stories, science-backed insights, and practical strategies, Jemaine delivers a roadmap to mastering emotional regulation, achieving resilience, and embracing transformation.

#### What your audience will learn

- **Beliefs and perceptions from childhood direct 95% of our lives without awareness.** Learn how to reclaim conscious control in the mind for better health, career and connections.
- **Manifestation is grounded in neuroscience and physics.** We are all manifesting our lives in every moment, it's now time to do it with conscious intention.
- Understanding **the Observer Effect** helps **individual's shift their vibrational state** in a given moment, creating a more empowered and intentional state of being and sustainable change.
- When we elevate through **Jemaine's model of 5 Levels of Consciousness**, choosing to live from intellect and intuition rather than stress and survival we create a ripple effect in humanity and an impact in our future far greater than we could ever know.



# SIGNATURE TALKS

## FLOW FOUNDATIONS HARNESSING OUR CYCLE AS A SUPER POWER

Until 1993, women were excluded from all clinical research, a fact that has had a serious, continual impact on women's health today. This powerful talk redefines how women view their bodies, cycles, and overall health. Jemaine dives deep into the often misunderstood realm of menstruation, breaking the stigma of periods being uncomfortable, embarrassing, and inconvenient to instead, a unique gift and superpower, empowering women with body literacy and autonomy.

- Learn how finding flow with our natural cycles can significantly enhance not only fertility, but also career success, relationships, athletic performance, and overall well-being.
- Jemaine's unique approach to menstrual education offers a holistic framework for women to embrace their bodies and thrive at every stage of life.
- The exclusion from medical research until only 30 years ago has left huge gaps in our knowledge of women's health and wellbeing. Jemaine closes those gaps with her unique perspective that comes with a decade of experience working in women's health through the lens of both Western science and Eastern philosophy.



*I can't believe I am only learning this in my 40's. This is information every woman should know!*

**Kathryn Robbins**  
**Guest, CWA Ladies Day**





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**SOUGHT AFTER FOR HER AUTHENTIC, NO-NONSENSE APPROACH  
AND ABILITY TO CONNECT WITH AND CREATE MEANINGFUL  
CHANGE IN PEOPLE'S LIVES**

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## **WHERE SCIENCE MEETS SELF-AWARENESS, AND TRANSFORMATION BECOMES TANGIBLE**

Jemaine Finlay is a powerhouse speaker and wellness advocate who transforms the way we think about biology, mindset, and consciousness.

Known for her captivating energy and down-to-earth relatability, Jemaine empowers audiences to master emotional regulation, break free from limiting beliefs, and create meaningful, lasting change in their lives.

### **Expertise & Talk Topics**

- Mindset & Behaviour
- Mind-Body Medicine
- Women's Health & Hormones
- Overcoming adversity
- Stress Resilience
- The Science of Manifestation





## Why Choose Jemaine For Your Stage?

When you book Jemaine, you're not just hiring a speaker—you're creating a transformative experience for your audience.

✓ **Expertise You Can Trust:** Jemaine has a Bachelor degree in Health Science with expertise as a naturopath, NLP practitioner, and HeartMath coach backed with over 10 years of experience in wellness and personal development.

✓ **Relatable and Engaging:** Her personal journey from burnout to balance, and childhood experiences resonates deeply, making her insights accessible and impactful for diverse audiences.

✓ **Audience-Focused:** Whether speaking to corporate professionals, wellness enthusiasts, or leaders, Jemaine tailors her message to meet the needs of every group. Attendees leave equipped with practical tools to create lasting change.

✓ **Proven Results:** Jemaine's teachings have been applied across various models with consistent results. From healthcare consulting, group coaching, video training, and live events, Jemaine's insights and findings have been validated with experience.





# IN MANY WAYS, WE'RE ALL QUIETLY SCREAMING FOR HELP...

In the pursuit of "more"—more success, more productivity, more achievement—we have lost touch with the simple yet profound act of being. Western societies in particular prioritize doing over feeling, leading to isolation, burnout, and a fractured sense of self.

Amidst the background noise of pandemics, war, and economic uncertainty many people silently face the daily battle of increasing overwhelm as they juggle financial pressures, body concerns, relationship disconnect, and increasing fatigue wishing for the time and resources to get ahead.



## THE STRUGGLE IS REAL —AND GLOBAL

77%

Report experiencing regular stress-related physical symptoms

**American Psychological Association (APA).**

47%

Identify work stress as the primary cause of deteriorating mental health

**2025 State of Work-Life Wellness Report**

In a world grappling with unprecedented levels of stress, disconnection, and overwhelm, the need for self-awareness and body literacy has never been more urgent.



*Jemaine's story is so moving, and connected powerfully with every woman in that room. A worthy standing ovation.*

**Melanie Hardy | Worthy Australia  
Saving 16 Charity Event**



*A captivating, direct, polished and crystal clear speaker who delivers and highly engaging and insightful session.*

**Mike Flynn | The Palms Agency  
Resonance & Resolve**



*You have opened my eyes and mind in ways I could never have thought possible. Thank you from the bottom of my heart.*

**Sarah R.  
Rewire & Rise Virtual Event**

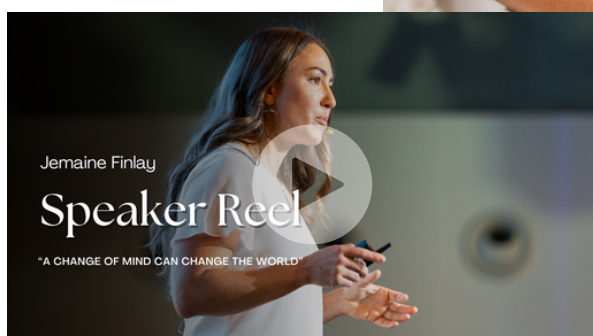
## INTRODUCING

# JEMAINE FINLAY

*BHSc. Naturopath, NLP, Forever student of mind-body medicine.*

What if the greatest tool for transformation wasn't outside of you, but within? In everything she teaches, Jemaine Finlay takes audiences on a captivating journey into the intersection of biology, mindset, and consciousness.

Drawing on her decade of expertise as a naturopath, women's health specialist, NLP practitioner, and HeartMath coach, Jemaine demystifies how the mind instructs the body, and teaches body literacy like no other-empowering individuals to create meaningful, lasting change in every aspect of their lives.



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WHEN YOU UNDERSTAND YOU HAVE THE POWER TO  
CHANGE ANYTHING, EVERYTHING CHANGES

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AS SEEN IN

ticker!

COUNTRY WOMEN'S ASSOCIATION  
— OF WESTERN AUSTRALIA INC —

WORTHY

The West  
Australian





# “WHEN YOU REALIZE YOU HAVE THE POWER TO CHANGE ANYTHING, EVERYTHING CHANGES”

## LET’S ELEVATE YOUR EVENT TOGETHER

Whether you’re hosting a leadership summit, wellness conference, or corporate event, Jemaine is the must-have speaker to inspire, educate, and transform your audience.

### **Book Jemaine Finlay Today**

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*We would love to have  
Jemaine back next year. Our  
guests loved her!*

**Jessica Stephen**  
**Branch President, CWA SX**

**Bring Jemaine’s transformational energy and  
actionable insights to your next event.**