



JAZ AMPAW-FARR

Global resilience expert, author and BBC presenter empowering organizations to elevate performance, purpose and human impact

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- One of the world's leading voices on resilience and human-centered leadership, with a story that transforms audiences
 - High-energy keynote presenter trusted by global brands for culture change, empowerment and transformative mindset shifts
 - Featured on the BBC's "The Apprentice" and known worldwide for her electrifying stage presence
 - Author of Because of You, a celebrated book on resilience and breakthrough leadership
 - Specialist in driving belonging, team purpose and performance through practical, human-first frameworks
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Jaz Ampaw-Farr is an internationally sought-after keynote speaker, resilience expert and author whose mission is to elevate human potential in workplaces around the world. Known for her dynamic presence, powerful storytelling and unapologetic authenticity, Jaz helps organizations re-ignite purpose, strengthen culture and unlock the resilience needed to thrive in times of change.

Her life story is one of extraordinary transformation. Growing up in severe adversity, Jaz relied on the belief of a few key adults who saw her potential. That experience shaped her life's work: helping individuals and organizations understand the profound impact they can have when they choose courage, compassion and excellence. Her TEDx talk and global keynotes have inspired millions.

Jaz has worked across industries —tech, healthcare, education, finance, retail and government— partnering with leaders who want to build cultures where people feel valued, connected and empowered to excel. Her approach blends humor, honesty and actionable tools that shift behaviors and mindset long after the event ends.

A former literacy advisor and BBC presenter (“The Apprentice”), Jaz is also the author of *Because of You*, a widely praised book exploring resilience, leadership and the small human choices that create monumental impact. Her message is clear: ordinary people can create extraordinary change.

Her keynotes challenge, energize and transform audiences—making Jaz Ampaw-Farr one of the most compelling voices on human leadership, resilience and purpose today.

TEMAS

Jaz tailors each of her presentations to the needs of the audience. She's not limited to the topics listed below; please inquire about other topics of interest:

- Human-Centered Leadership & Purpose-Driven Culture
- Resilience, Courage & Mental Strength
- High-Performance Teams through Belonging and Connection

- Transformational Mindset Shifts
- Leadership in Times of Change
- The Power of Small Actions & Everyday Impact

PROGRAMAS

The Power of Everyday Impact

A high-energy keynote on how small actions and courageous choices create extraordinary results in teams, leadership and culture. Jaz shows how to transform workplaces by elevating human connection, belonging and accountability.

Resilience Re-Imagined: Thriving Through Change

Jaz unpacks the real mechanics of resilience—not as endurance, but as empowerment. Through storytelling and practical tools, she equips teams to navigate uncertainty, embrace challenges and convert adversity into purpose and performance.

Human-Centered Leadership: Unlocking Potential in Every Person

This program challenges leaders to move beyond management and into meaningful influence. Jaz demonstrates how empathy, clarity and intentional action create high-trust, high-impact teams capable of exceptional results.

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