

JESS ROPER



Kickboxing & Empowerment Champion

From a difficult home life and childhood, to a 2nd Degree Black Belt, 2 x English Kickboxing Champion, Jess is dedicated to helping young people to see their abilities to succeed, grow resilience and achieve their dreams. Jess knows the importance of educating students and teachers on the incredible mental and physical benefits that sports and fitness have for young people, from her own personal experience and the impact she's seen already whilst inspiring over 20,000 students across the UK.

She also focuses on youth empowerment, promoting how to build confidence as a young adult, and encouraging positivity.



[CLICK HERE & BOOK ME TODAY](#)

SESSIONS FOCUS ON:

- ✓ Mental & Physical Benefits of Sports
- ✓ Kickboxing & Confidence
- ✓ Youth Empowerment

AVAILABLE FOR:

- ✓ Primary & Secondary
- ✓ Southern Schools



Watch Me in Action