



MAGAZINE
CELEBRATING FEMALE SUCCESS



JESSICA HICKMAN

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Jessica Hickman is a 28-year-old dynamic young professional who empowered herself to become a leader, advocate and activist in the area of bullying. As a survivor of bullying, Jessica is now an advocate and campaigner for preventing bullying in the workplace.

Jessica, who founded [Bullyology](#) has a Youth and Community Degree and is certified in Dialectical Behavior Therapy (DBT), training and assessment, suicide intervention skills, coaching, mentoring and mindfulness. She has also won multiple awards for her work including the Exceptional Women in Resources and Incident and Injury Free Champion awards.

Jessica worked as a culture coordinator at an oil and gas mining company; a male dominated environment where there was extensive harassment, corruption, workplace suicide, extreme mental bullying, emotional and physical intimidation, verbal abuse, hospitalisation and a CEO who refused to offer support even after she filed 32 reports to upper management. Her job was to implement the best practice in company culture and create great working environments, however, the torment she was subjected to caused her to live in fear most of the time. A vibrant and intelligent young woman, her mental and general health took a battering for the worse.

Despite her personal suffering, Jessica continued to work rigorously to create a positive and empowering workplace culture. At the time of her employment, there were approximately seven industry suicides linked to the project leaving her torn between staying in her role to help others or leaving due to fear. However, she turned her fear into fuel and now uses the valuable experience to be a champion for change. Her power came from her ability to empower her own self and she takes pride in educating leaders about the damage that a toxic workforce culture can have on personal and business successes.

Through Bullyology, Jessica raises awareness about bullying in our global society and how to prevent it, as well as educating organisations and schools about the importance of the wellbeing and happiness of young people and employees.





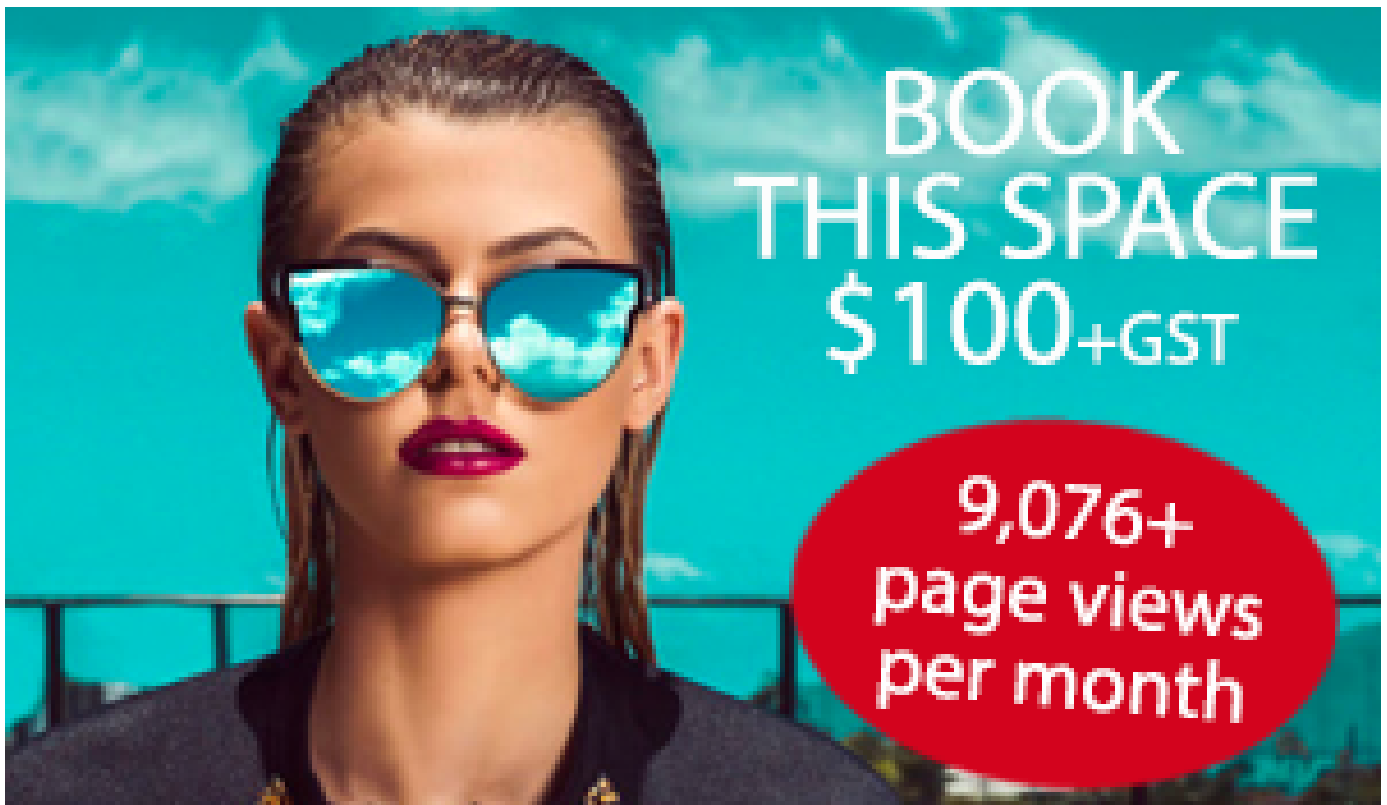


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Words by Naomi Alex
Images via Jessica Hickman

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Mother + Daughter →





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UPCOMING EVENTS



16 May - 20 May

REVOLT. SHE SAID. REVOLT AGAIN. PERFORMANCE



18 May - 19 May

DANCING CEOS

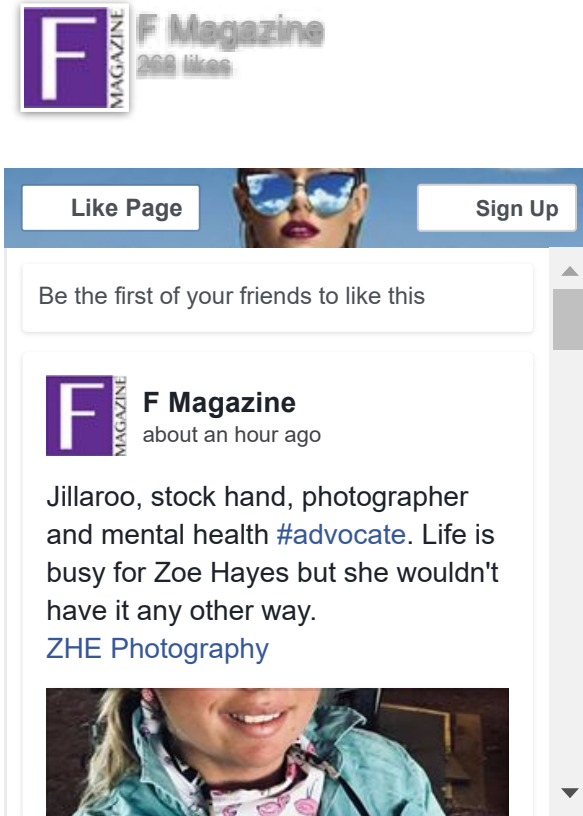
23 May - 23 May

PINK LADY LUNCHEON 2018

24 May - 24 May

WOMEN IN BUILDING AND
CONSTRUCTION: THE
CONFIDENCE CODE

LATEST ON FACEBOOK



The screenshot shows a Facebook post from the page 'F Magazine', which has 268 likes. The post is the first of its kind for the user's friends. The post content includes the text: 'Jillaroo, stock hand, photographer and mental health #advocate. Life is busy for Zoe Hayes but she wouldn't have it any other way.' followed by a link to 'ZHE Photography'. Below the text is a partial image of a smiling woman with blonde hair wearing a teal jacket.

LATEST ON INSTAGRAM



The image shows the Instagram profile for 'FMAGAZINE.ONLINE'. The profile picture is a purple circle with a white 'F' and the word 'MAGAZINE' written vertically. The bio reads: 'Celebrating #Australian Female Success across ages, industries and lifestyles'. The profile statistics show 61 posts and 183 followers.

You can and you will ...
♥ 16 💬 1

Nominations are now ...
♥ 14 💬 3

What #goals motivate ...
♥ 17 💬 3

Why out why this #Go ...
♥ 31 💬 3

Tag the #woman who m ...
♥ 23 💬 3

Carla Haddan ambassa ...
♥ 23 💬 3

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