



Jessica LaMarre is a mom of 3, engineer, writer, speaker, and workshop facilitator. She guides high achievers to access personal and professional success from the inside out. She's been featured in ForbesWomen, UpJourney, Thrive Global, EllevateNetwork, and Medium.

## Bio

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Jessica received her degree in electrical engineering and has spent 13 years in Technology in Corporate America. She's earned certificates in coaching, workshop facilitation, and intuitive development. These coupled with her extensive knowledge in mindfulness, meditation, and emotional intelligence allow her to meld her 'engineering brain' and 'holistic approaches' to guide others to access personal and professional success from the inside out.

A decade into tech filled with awards and a long list of accomplishments, along with two beautiful daughters her world from the outside looked dreamy but from the inside was filled with stress, overwhelm, and overwork. A miracle was the catalyst for her transformation from feeling stuck in her head and always behind, to a life of meaning and purpose. She's learned to integrate her whole self which has bridged the gap between her life's work - technology and education - and her life's mission - empowering others to reconnect to their most valuable assets, themselves. It's been said, "Jessica is a Tech Insider that has found a path to enlightenment."

Jessica shares these teaching in her writings, speeches, and workshops. She's featured in ForbesWomen, UpJourney, Thrive Global, EllevateNetwork, and Medium. Jessica brings her energy, passion, and knowledge to empower you reduce stress and rediscover YOU. Jessica lives with her husband and now three kids in Tempe, AZ.

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**Connect with Jessica to discuss Speaking opportunities, Personal and Professional Development, and Collaboration!**

Jessica LaMarre

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