



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

Bio

Jessica LaMarre is a mom of 3 who started her career in engineering, a decade plus into what she thought was her dream job, a miracle transformed her life. This miracle brought the realization of just how stressed and disconnected she was from herself.

On her journey to rediscovering herself she spent over 300 hours in the classroom, 100s of hours in healing and coaching sessions, attended workshops and retreats, read 65+ self-development books, attended courses from Gabby Bernstein, and coaches with Lisa Nichols, one of the most requested motivational speakers in all the world.

Jessica shares the best of what she learned that transformed her life and the lives of women who she coaches and attend her workshops/programs from around the world. She doesn't add things to your already busy schedule, she knows that can bring more overwhelm and guilt. She gets to the core - the core of stress, guilt, limiting beliefs, overwork, and more. She knows it is not in the doing, but in the undoing that lives are transformed.

She can barely recognize the stressed, overwhelmed, overworked, guilt reddened mom she used to be. Now, her joy comes from the inside out, she is more fulfilled, and lives a meaningful, and purposeful life. She spends her afternoons playing tag and tickle time and her evening include a delicious home cooked meal with her family, prepared by her husband.

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

Jessica LaMarre

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