



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 ForbesWomen, UpJournal, Thrive Global, and Medium.

Areas of Expertise for Speaking

"Why did it take a miracle to focus on me?"

"The real problem is not stress, it's the disconnection."

"It's not in the doing, but in the undoing that we rediscover ourselves."

"I am not what I achieve, I am so much more."

"Creating your own version of success."

Professional Development

Reduce Stress, Rediscover Productivity Workshop:

As a result of this 90 minute workshop attendees feel less stressed, are more productive, and more effective with their time.



Working Inspired Program:

As a result of this 6 session program attendees reignite a spark for work, gain clarity on their strengths, the confidence to articulate them, and identify their career aspirations.



Reduce Stress, Rediscover Success Program:

As a result of this 6 session program attendees reduce stress, gain self-awareness - raising their EQ (emotional intelligence), feel less overwhelmed and guilty, develop better relationships, and confidently communicate their desires both personally and professionally.

Collaborate with Jessica to create a program that works for your business!

For investment pricing and questions contact Jessica LaMarre

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