Jessica A. Ross

SPEAKER | COACH | JAMGOODLIVING

AUDIENCES

- Entrepreneurs and women in business
- HR, people and culture teams
- Corporate leaders and their teams
- Colleges and student life

FORMATS

- Keynote
- Interactive workshop
- Breathwork activation
- Host and fireside chat
- In person or virtual

WEBSITE
jamgoodliving.com

EMAIL
info@jamgoodliving.com

INSTAGRAM
@jamgoodliving

BASED IN
Atlanta, Georgia. Open to travel.

SPEAKER ONE-SHEET

We don't practice perfection. *We practice presence.*

ABOUT JESSICA

Jessica A. Ross, known as Mrs. JAMGOOD, is a speaker, presence coach and the founder of JAMGOODLIVING. She has spent 20 years speaking in front of people, from small rooms to crowds of thousands, and now helps others do the same: own their story, speak with confidence and show up fully present at work and in life.

Her philosophy is simple. We are People in Practice. Through her COMFY framework, guided breathwork, movement and real conversation, she helps entrepreneurs grow their visibility and helps teams build cultures where people feel seen, connected and human. She is also the host of JAMGOOD NEWS, her interview series and live events.

SIGNATURE TALKS

Presence Over Perfection

Becoming People in Practice

Trade performance for practice. Attendees notice where perfection is holding them back and leave with simple daily practices for showing up as themselves.

Get COMFY

Self-Awareness as a Workplace Skill

An interactive session that brings COMFY with your coworker and COMFY in your company to life, giving teams shared language for checking in and connecting.

Breathe, Then Lead

Regulating Yourself So You Can Show Up Whole

Gentle, simple breath practices leaders and helpers can use before a hard conversation, between meetings or with their own teams during seasons of change.

STAGES AND ROOMS

- International Women's Day event, 2025
- ATL Black Expo, 2026
- She Ignites, 2026
- Hosted events at The Gathering Spot, Atlanta
- Fireside chat with Julian Brown
- Interviewed former Atlanta Mayor Keisha Lance Bottoms
- Booked Now What, 2026
- Dowtin Realty team happiness activation, 2025

> *"Jessica truly creates a safe space to explore your story and formulate your voice."*
>
> Dr. Andrea Bryant, Media Moment Session client

BOOK JESSICA

Schedule a discovery call: calendly.com/jamgoodliving1/corporate-culture-discover

SPEAKING FEES

Keynotes	Workshops & activations	Virtual
from $2,500	**from $1,500**	**from $1,000**

BEYOND THE STAGE

Culture challenges, coaching programs and executive coaching