



# Jessica R. Dela Rosa

Motivational Speaker &  
Stress Resilience Life Coach

A dynamic public speaker with over 14 years of experience presenting in front small and large audiences. Jessica has a skill & passion for inspiring audiences to take action, motivating them to achieve their goals, educating them on important issues. She is a Healthcare Leader with over 20 years of experience turned Certified Wellness Life Coach with a wealth of knowledge in health promotion, stress management/prevention, and behavior change. In her experiences speaking before diverse audiences, Jessica is adept at engaging and connecting with people of all backgrounds. Whether speaking to a small group five people or a large audience of 100's, she has a unique ability to inspire listeners and create an atmosphere of enthusiasm and motivation.

## SIGNATURE TOPICS

- ✓ Juggling It All: Crafting a Customized Blueprint for Your Busy Work-Life Balance
- ✓ Take Back Control: Empowering Techniques for Managing Anxiety and Stress for the Busy Professional Woman
- ✓ The Pathway to Hitting Reset for Energy, Clarity & Joy.

LET'S  
WORK  
TOGETHER!

Contact Me:

✉ [jessica@jessicahealthandlifecoach.com](mailto:jessica@jessicahealthandlifecoach.com)

🌐 [jessica.delarosa.speaker@gmail.com](mailto:jessica.delarosa.speaker@gmail.com)



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JESSICA.DELAROSA.SHEKNOWS

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HEALTH LIFE WELLNESS  
COACHING