

SPEAKER & EMPOWERMENT LIFE COACH

Finding the way to harmonious balance between professional commitments & personal well-being.

Jessica is a dynamic public speaker. She has a skill & passion for inspiring audiences to take action, motivating them to achieve their goals, and educating them on important issues affecting their personal well-being.

Jessica is a healthcare leader with over 20 years of experience, is a Registered Nurse and a Certified Wellness Practitioner & Life Coach. She leverages on a wealth of knowledge in health promotion, stress management/prevention, and behavior change.

Speaking before diverse audiences, Jessica is adept at engaging and connecting with people of all backgrounds. Whether speaking to a small group of five people or a large audience of 100's, she has a unique ability to inspire listeners and create an atmosphere of enthusiasm, empowerment and motivation.



**Jessica R. Dela Rosa, MBA. MSN. RN.
& Certified Wellness Practitioner**

KEYNOTES:

- **Redesigning Your Relationship With Stress**
- **The Pathway to Hitting Reset for Energy, Clarity, & Joy.**

WORKSHOPS:

- **Blueprint for Balance: Crafting Your Path to Work-Life Harmony**

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