Three years ago, Jess experienced her own call to action. During the summer of 2013, she successfully completed a 23-year-old dream of bicycling 4,197 miles across the country. Solo. In her keynote, Jess shares the extraordinary journey of preparing and fulfilling a major life goal, and relates her experience to key lessons that empower leaders to create positive change within the Public Health and Education sectors. Jess is able to customize her keynote to benefit diverse audiences, and breathes life into her narrative by sharing photos and videos that incorporate the balance of work and play. She motivates her audiences to create personal calls to action, and has her participants up and moving throughout the hour-long presentation to provide an atmosphere that welcomes movement, connection, and change.

In sharing her story, Jess hopes to inspire give a voice to audience members’ own personally and professionally journeys, daring them to do something extraordinary to create lasting change.

503.784.2932 | info@cairnguidance.com | dosomethingextraordinary.today
ABOUT JESSICA

Jess Lawrence is an enthusiastic, energetic, extroverted New Englander living in Eastern Kentucky by way of Portland, Oregon after twenty years. She started her career doing exactly what she wanted to do since her own high school experience—teaching 7th graders health education. In 2003, Jess was hired as the Health Education Curriculum Specialist for the Oregon Department of Education, where she provided assistance and professional development to health teachers across Oregon. She also worked with a team of professionals to implement coordinated school health statewide. In 2006, Jess pursued a career as a national school & community health consultant, working with state departments of transportation, education, and health and non-profits to create healthier schools and communities. She writes curriculum, facilitates strategic planning processes, presents keynote addresses at conferences and facilitates adult learners.

Jess commits the time to regularly swim, run, bicycle, cook and travel internationally for vacation. Jess has lived in Chile and New Zealand. The majority of Jess’ television screen time is spent watching the best sport in the world, soccer! Her biggest weakness is mint chocolate chip ice cream.

KEYNOTES

- Southern District SHAPE America Conference, February 2016
- Delaware School Health Conference, October 2015
- Indiana’s Turning Point Conference, June 2015
- Vail, Colorado Healthy Schools Leadership Summit, June 2015
- Southern Obesity Summit, October 2014
- Maine School-site Health Promotion Program, June 2014
- Tulsa Fit to Learn Conference, June 2014