

JL Coaching & Speaking



Jamee

Welcome!

Jamee is a speaker, coach, and comedian. Her early career began in entertainment writing and performing stand-up comedy. Laughter and loss have filled her life, and she knows firsthand that life's tragedies cannot be avoided. She owes much of her success to the ability to use the lessons from loss to grow after navigating grief for close to forty years. Now, it's her mission to give back and help others do the same. Pivoting from performer to public speaker, her speeches highlight the value of loss and how to turn pain into power.

Get to know your inner CEO



Grief to Growth:

Turning Loss into Leadership



Can tragedy be a service to success? We experience loss and adversity in many ways, and the intimate nature of these events can inhibit survivors from fully understanding how to use their new-found strength to succeed. In my keynote speech, I help people understand the benefits of pain, transform it into power, and become the leader of their lives. My unique CEO model and personal stories of survival reveal how to ease pain and cultivate power, a mission centered around my core values of kindness, honesty, and inclusion.

“As someone who recently lost a loved one, Jamee nails this speech.”
- Liam Whitney - Distinguished Toastmaster

“Outstanding presentation. Clear, well organized, and inspiring.”
- David Kitchen - District Executive Director



Takeaways

Remember...

there is value in loss and adversity.

Focus on...

taking the lessons from loss to help build your inner leader.

By...

protecting your privacy while uncovering your strength and potential.

And celebrate...

that, though overcoming hardship is painful, it creates powerful insights for a more fulfilled life.

Custom CEO Model

A graphic consisting of two overlapping circles. The left circle is light purple with a white letter 'C'. The right circle is dark purple with the word 'ourage' in white. The circles overlap in the middle.

Courage

A graphic consisting of two overlapping circles. The left circle is light purple with a white letter 'E'. The right circle is dark purple with the word 'mpathy' in white. The circles overlap in the middle.

Empathy

A graphic consisting of two overlapping circles. The left circle is light purple with a white letter 'O'. The right circle is dark purple with the words 'vercoming' and 'Loss' in white. The circles overlap in the middle.

Overcoming
Loss

Custom CEO Model

Perseverance is among the most powerful traits of an effective leader.

C

Courage

Strength in the face of pain or grief. A characteristic acquired as a direct result of overcoming an actual event.

E

Empathy

The ability to understand the mental or emotional state of another individual. A quality crucial to leadership.

O

Overcoming Loss

The personal process of surviving loss or tragedy. These paramount moments become points of comparison in our environment.

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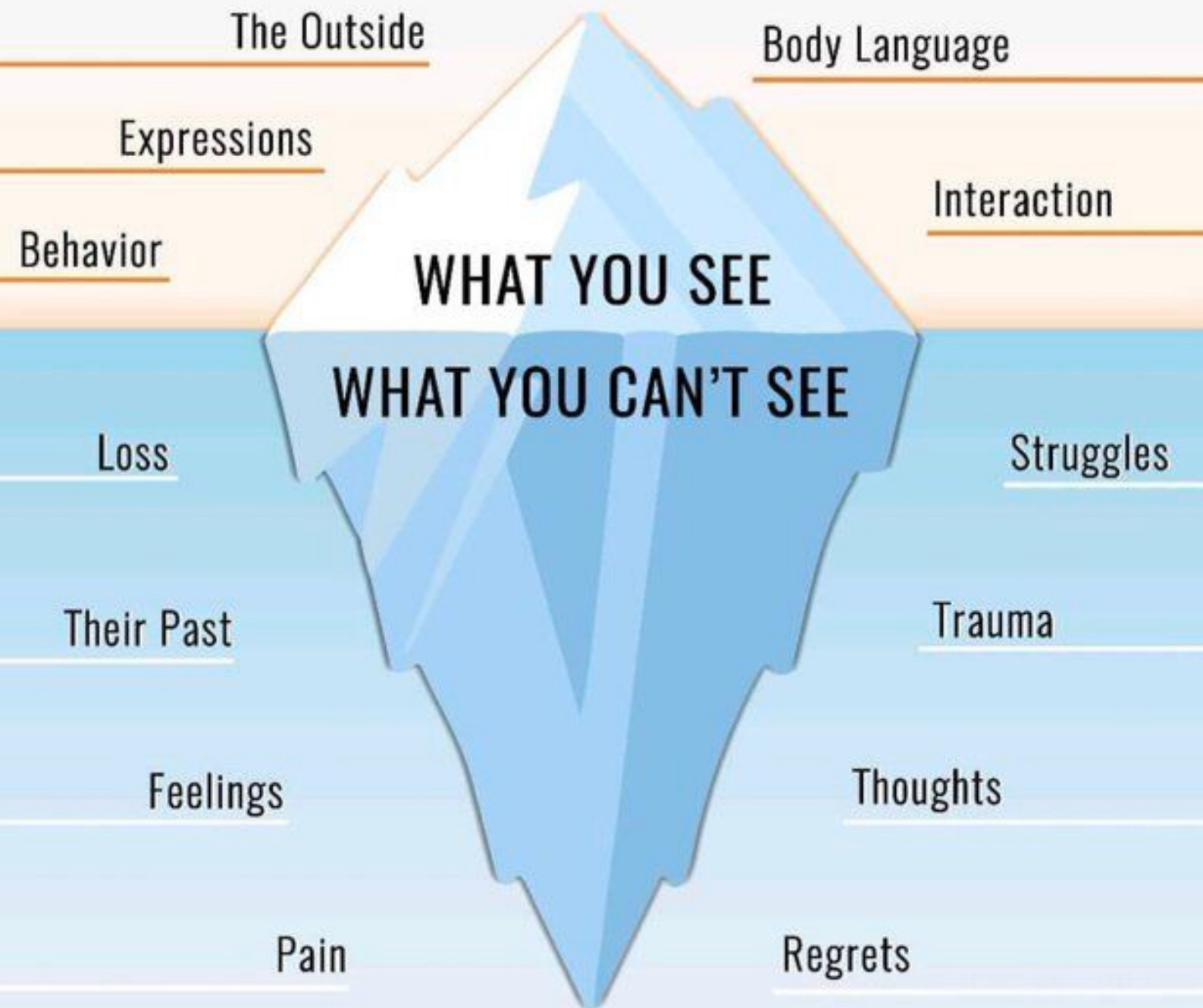
- How has overcoming loss helped you grow?
- Describe one change in your world view after personal pain or loss.
- What are two of your strongest leadership skills?
- When was the last time you felt happy?



Time to thrive...not just survive

WHY EMPATHY IS IMPORTANT

Data source: @thepresentpsychologist | Infographic design by @agrassoblog for educational purpose



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