

JESSICA CORVO

RESILIANCE COACH

In a previous life, I would start with titles like International Corporate Powerhouse, Ironman finisher, Writer, Public Relations Guru, Global Nomad, Reiki Master, Business Owner & quantify my “value add” with impressive stats. I crushed incredible goals. I defined my existence with titles. I believed in “work hard, play hard.” My special skill was simplifying complex operational problems and earning the reputation of being the “fix-it” girl.

Currently, my favourite title is **DECENT HUMAN BEING**. Most of my day is spent working out, playing with dogs, & promoting holistic health. I lead self-care workshops, create corporate wellness programmes & empower others by strengthening their resilience. My programmes are based on personal experience, then certifications: 10+ years of corporate, 20+ years of sports & 2.5+ years active recovery from domestic violence.

I LOVE empowering others to be holistically healthy. I LOVE sharing traditional health practices from Singapore, Hong Kong, China, Indonesia & USA. I have spoken at 50+ workshops | events for “Be Your Own Hero” - helping teenagers identify, understand, and protect themselves from domestic violence in the home. A reach of over 100+ countries.

My intention: empower people to be their own hero (cultivate inner peace by strengthening the muscle of resilience).

#BeYourOwnHero

Jessica





Speaking Engagements

Below are some of my favourite speaking engagements!

I primarily focus on

1. Mental Wellness / Mental Health &
2. Self-Care / Self-Empowerment (Recovery after Trauma).

I have been recognized by the UN (Global Goodwill Ambassadors) for my work in mental wellness after domestic violence. May is Mental Health Awareness Month, a majority of my workshops are focused on encouraging healthy dialogue and to strengthen communities within the mental health space.

2020

- May (Panel Discussion) – India: [Relationships & Resilience: Effect of Covid-19](#)
- May (Workshop) –Nigeria: Being a humanitarian after COVID
- May (Workshop) Be Your Own Hero
- May (Workshop): [Self Care Retreat](#)
- May (Workshop): Community Self-Care Day.
- May (Workshop): [Mommy & Me Wellness Event](#)
- April (Guest Speaker): SOS Summit (Mind-Body).
Title: The Power of Resilience
- April (Workshop): Self-Care Event.
Title: Moving Through Adversity
- April (Workshop) – [My Body is My Body](#)

2019

- December (Podcast) [Mental Wellness, Pain & Success](#)
- October (Workshop) – [My Body Is My Body](#)
- May (Podcast) – [Overcoming Adversity to Live Life Intentionally](#)
- May (Guest Speaker)
 - [Building Business in a Foreign Country](#)
- May (Workshop) – Be Your Own Hero
- May (Workshop) – Create Your Own Path
- May (Workshop) – Disconnect from Others to Connect with Self

2018

- September (Guest Speaker) – Suicide to Ironman
- November (Podcast – Thoughts with David)
 - [Resilience Coaching: Warrior Mindset](#)
- November (Podcast – Entrepreneurs Top Secrets)
 - [Building Resilience](#)
- August (Guest Speaker)
 - [How to tap into your inner power](#)
- May (Guest Speaker – iheart Radio)
 - [Entrepreneurs Overcoming Adversity](#)
- May (Workshop) – Be Your Own Hero
- May (Workshop) – Resilience: Global Travel

2017

- November (Open mic) – [Victim, Survivor, Thriver](#)
- May (Workshop) – Be Your Own Hero
- May (Workshop) – Awareness Saved My Life
- USA (Guest Speaker) – [Life as a Foreigner](#)
- Singapore (Toastmasters) – My First Time
- Singapore (Toastmasters) – Hiding Behind A Mask
- Singapore (Toastmasters) – Direct Communication

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