

Jessie Mershon

CONFIDENCE & WORTHINESS EXPERT | SPEAKER

Top performing women's health, fitness and empowerment mentor and professional speaker on productivity, the power of routine and creating a vision that sticks. Having impacted 1,000's of clients, she helps women shift their mindset to live more authentically, take control of their lives, and fully embrace their purpose. Jessie knows what it's like to lose your way, lose yourself and lose your faith. Her struggle to overcome some of the darkest days she ever knew became the catalyst for transformation where she was able to completely reinvent herself. Her resilience and proof that people can rebound from the lowest point in their life is what fuels her passion. Jessie is committed to lifting others up and guiding their success.



SIGNATURE TOPIC

- ✓ Growth in the Storm
- ✓ Wellness and Self-care
- ✓ The Power of Healthy Habits
- ✓ Creating a Vision that Sticks
- ✓ Taking back Control

LET'S WORK TOGETHER

Please feel free to contact me for any concerns or questions.

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TESTIMONIAL ”

I am so grateful to Jessie for speaking to my team at our retreat. She brought heart and fire to us all, and I had ladies ready to jump into action after listening to her story. She helped me get myself centered and focused on the true WHY for my goals in my business and her technique helped me so much.

- Tanya Albert

Jessie is an inspirational speaker and shared so much wisdom. Looking forward to having her on our future events.

- Socialitemedia

www.JessieMershon.com