



Jace Downey

CHIEF EMPOWERMENT OFFICER
SPEAKER, TROUBLEMAKER
RECOVER LIFE COACHING

Jace began speaking publicly in 2015. She has been featured onscreen, online and in print across the globe as a pioneer in battling stigma surrounding addiction and trauma, shifting the way people recover, and empowering others to use their past to build their future. Her boldly authentic YouTube channel has grown to over 1.4 million views with 7,000+ subscribers.

She is known for being an insightful, engaging speaker who captivates and surprises audiences with humor, authenticity and compassion. She is recognized for making difficult subjects easily approachable through safe and fun environments.

Recover Life Coaching was built on two foundational beliefs: 1. Setting sobriety as the end goal is a formula for failure. 2. People in recovery are capable of far more than ever deemed possible because of their history with addiction, not despite it. Recover Life Coaching is growing to be the premier hub for extraordinary people in recovery and those who love them.

jace@jacedowney.com - www.jacedowney.com - [YT@JaceDowney](https://www.youtube.com/JaceDowney)

A few places Jace has been featured



FLURT



What others are saying about Jace!

"Jace is a pioneer truth teller!"

- Staci Sprout, Author - Naked in Public

"I was one of the lucky participants at Jace's talk and would like to attest to it being extremely helpful and universally praised by the attendees. Jace told her powerful recovery story well and provided meaningful perspectives and helpful tools. I have been in recovery for over 20 years, and this was among the most helpful talks I've experienced."

- Alex G

"Jace is like if the Buddha did standup!"

- Matt L

"Jace's "Powerless to Empowered" was one of the most memorable and valuable workshops I've received in 18 years of recovery!

The lessons apply equally to men and women. She is a motivated speaker, with strong delivery skills, clarity of message, organization of material, and pace of delivery."

- Bob A

"Jace is an incredibly forward thinking individual, committed to helping others help themselves. She has a very charismatic cadence and genuine style that allows her to reach people of all sorts."

- Bijan R