Jess Diamond | The Gen-Z Whisperer

TEDx Speaker | Keynote Speaker | Workshop Facilitator | Career & Adulting Coach | Host of How To Twenty-Something Podcast

health and life coaching
personal training

Bridging the gap between generations by reminding everyone they're NOT special.

ABOUT JESS

Jess Diamond became obsessed with feeling special the moment she realized she wasn't.

Being furloughed at her first job when she was 23 helped her decide to leave her second job at 25 so she could help other twenty-somethings entering the workforce and become the guide she once needed. It was through coaching Gen-Z that she realized the work starts with the people managing this generation and the generational divide plaguing the workplace.



Today, she works with both Gen-Z and the managers of Gen-Z to help them understand each other, lead better, and build a work environment where every employee succeeds.

Known for her relatable storytelling, humor, and actionable takeaways, Jess delivers presentations that leave audiences feeling empowered, understood, and ready for their next step.

SIGNATURE KEYNOTE

INSIDE THE MIND OF YOUR GEN-Z EMPLOYEE
What Every Leader Needs to Know About the Post-Pandemic Workforce

You're not making it up, this generation is different.

Often labeled as disengaged, lacking accountability, or entitled, this talk unpacks what's actually happening beneath the surface of Gen-Z behavior and what they genuinely need from their leaders in order to thrive.

Shifting from frustration to understanding, and from control to effective leadership, participants will learn how to better interpret Gen-Z behavior, communicate in ways that actually land, and lead in a way that increases both accountability and engagement using the C.A.R.E Framerwork.

Audience Takeaways:

- Reframe generational divides into deeper behavioral and environmental insights.
- Strategies to increase employee confidence and follow-through without increasing managerial burnout or micromanagement.
- Practical approaches to improving engagement and accountability.
- Ways to understand and respond to Gen-Z behavior.

WHY JESS?

By combining her own experiences of navigating career changes and entrepreneurship with years of coaching young professionals and the managers who lead them, Jess helps audiences move past generational stereotypes and actually understand each other.

Her talks blend the relatability of a friend, the expertise of a coach, and the energy of a speaker, giving teams and leaders practical tools they can use long after the event ends.

Having built a business from scratch after leaving the corporate world at 25, Jess knows what it's like to be the young one in the room, and what it takes to lead this next generation.

Through honest storytelling, practical strategies, and real-life experience, she helps managers get curious without trying to “fix” this generation, and she helps Gen-Z employees speak up, own their work, and stop waiting for permission.

Jess sits right on the line between Millennial and Gen-Z, so she speaks and understands both languages.



Watch Her TEDx Talk:
You’re Not Special You’re Just Adulting

SELECT EXPERIENCE & RECOGNITION

- TEDx Speaker
- Future Leaders of Charlotte Top 30 Under 30 Recipient in 2025
- Founder of Jess Diamond Coaching
- Host of How To Twenty-Something Podcast
- Certified Life & Nutrition Coach

PERFECT FOR

- Corporate Teams
- HR Conferences
- Managers and Leaders in the Workplace
- Anyone with “when I was your age” thinking

Talk length is customized to your event and can be turned into a workshop.

Book Jess to Speak!

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