Jess Diamond | The Adulting Coach

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

health and life coaching
personal training

Helping the next generation of daredevils take calculated risks and own their life.

ABOUT JESS

Jess Diamond is a TEDx Speaker, Keynote Speaker, Career & Confidence Coach, host of the How To Twenty-Something podcast, and Charlotte's Top 30 Under 30 Recipient in 2025. After being furloughed during COVID, Jess left the corporate world on her 25th birthday to pursue entrepreneurship full-time.



Today, she helps students, young professionals, and emerging leaders build the confidence, mindset, and life skills needed to navigate uncertainty, take ownership of their decisions, and create lives they're excited to wake up to.

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

SIGNATURE KEYNOTE

THE DIFFERENT DEGREES OF SPECIAL

How to Stop Chasing Validation and Start Trusting Yourself

In a world driven by achievement, comparison, and constant validation, many people unknowingly tie their self-worth to their successes or setbacks.

In this engaging and thought-provoking keynote, Jess introduces the three "Degrees of Special"—the Special Celebration, the Special Exception, and the Special Individual—to help audiences understand how these mindsets shape confidence, decision-making, and fulfillment.

Audience Takeaways:

- Build confidence through self-trust rather than external validation
- Recognize the difference between fulfillment and validation
- Navigate success and setbacks without losing your sense of self
- Develop practical strategies for making decisions with confidence
- Take greater ownership of your life, career, and future

ADDITIONAL KEYNOTE

THIS IS NOT YOUR LIFE

Why the Life You're Living Today Doesn't Have to Be the Life You Settle For

A powerful keynote that challenges audiences to stop living on autopilot, question the expectations they've inherited, and intentionally create a life that aligns with who they truly want to become.

WHY JESS?

By combining her own experiences navigating career changes, entrepreneurship, relocation, and adulthood with years of coaching young professionals, Jess helps audiences move beyond inspiration and into action.

Her talks blend the relatability of a friend, the expertise of a coach, and the energy of a speaker; giving audiences 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 means to take calculated risks and navigate uncertainty. Through honest storytelling, practical strategies, and real-life experience, she helps people stop waiting for permission, trust themselves, and take ownership of what's next.

Because confidence isn't something you have. It's something you **build**.



SELECT EXPERIENCE & RECOGNITION

- TEDx Speaker
- Future Leaders of Charlotte Top 30 Under 30 Honoree (2025)
- Founder, Jess Diamond Coaching
- Host, How To Twenty-Something Podcast
- Certified Life & Nutrition Coach
- Certified Personal Trainer

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

PERFECT FOR

- Colleges & Universities
- Young Professional Organizations
- Leadership Development Programs
- Women's Leadership Events
- Emerging Leaders
- Corporate Teams

BOOK JESS DIAMOND

jess@jessdiamondcoaching.com

jessdiamondcoaching.com/speaker

linkedin.com/in/jess-diamond