

Jessica has spent the last 15 years doing endless research, speaking to thousands of people, all about happiness. She is a consultant, speaker and executive coach on all things Happiness at Work.

Her work brings positive psychology tools and academic research on how to use them, to organizations across the United States. In her work, Jessica shares powerful information from psychology and science as well as her own practical experience that shows how happiness leads to success in the workplace.

She has helped thousands of people find more happiness at work and helped leaders and executive teams learn how to lead with the tools necessary to drive productivity, engagement and performance. Her clients include Johnson & Johnson, Pfizer, Coca Cola, LVMH, Hearst, American Express and more.

Jessica is an expert in leadership, culture and organizational development who understands what it really takes to unlock engagement. She worked for a number of years as a management consultant with a focus on organizational transformation. She graduated from the University of Pennsylvania and has an MBA from Columbia University.