



# Jess Jordan

She/Her

## I'm Committed To

Helping people live true to themselves and their values so they can pursue *their* version of success.

## What Holds Me Back

### from Being at My Best

1. Overthinking
2. Focusing on what might go wrong vs. what can go right
3. Getting caught in perfectionism
4. Not taking enough breaks

## I Work Best When

1. There is clear, open and trusting communication
2. I understand the big picture and our desired "destination"
3. There is space for reflection and creativity
4. I have engaging conversations that generate ideas and energy

## My Favorite Quote

Find who you are, and do it on purpose. – Dolly Parton

## 5 Words To Describe Me

Thoughtful, dedicated, connecting, playful, adventurous

## Do's And Don'ts

### for Communicating with Me

1. Do be up front – If you feel it or think it, say it!
2. Don't hold back; Don't filter yourself
3. Do assume best intentions
4. Do be authentic and share your real self
5. Do be open to new ideas

## My Ideal Day Involves

The outdoors and being active in nature, some down time to read, reflect, or just "be", accompanied by nourishing quality time with close friends or family.

## What Makes Me Smile

A good joke, a good song, and catching a candid moment of someone being silly or sweet when they think no one is looking.