



Jess Jordan

She/Her

Jess's coaching journey began in her undergraduate studies in psychology & neuroscience and developed through her decade-long experience as an international outdoor adventure guide. Jess has led and coached hundreds of high-powered clients to navigate terrain outside their comfort zones, wrangling horses in Wyoming, guiding Colorado's backcountry ski slopes and leading bike tours across the US, Europe and Asia.

It was a natural transition into corporate People Operations for Jess, where she focused on driving company culture, leading management trainings, and spearheading diversity, equity and inclusion initiatives.

Jess believes real and lasting solutions to life's challenges come from within. She is an intuitive listener with an uncanny ability to connect seemingly disparate dots to help her clients uncover unique and powerful insights. As a high-energy coach, she loves working with leaders who are curious, have a desire to learn and grow, and want to push themselves to have their greatest impact. With a passion for business and people management, she loves helping her clients get clear on what's truly important so they have confidence to pursue any goal.

Jess is Chinese American and grew up in Boulder, Colorado. She recently moved to Barcelona, Spain. She speaks French in addition to English, and is working on her Spanish! She believes in the power of mind-body connection and holds her yoga teacher and massage therapy certifications. She also loves to dance :)



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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. We 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