



Jamie Watkins

*My Peace of Happy*

### Keynote Topics

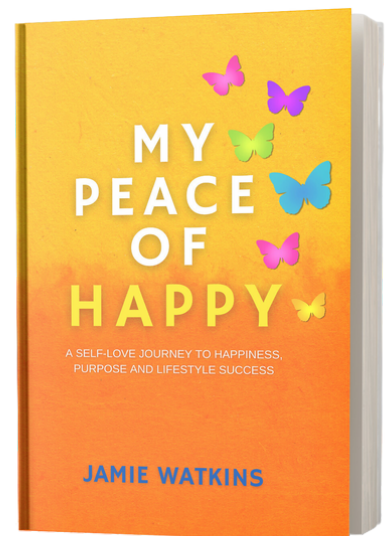
- ✓ SELF-LOVE & SELF WORTH
- ✓ MENTAL WELLNESS & WELL-BEING
- ✓ PURPOSE & LIFESTYLE SUCCESS

# MEET JAMIE WATKINS

Jamie Watkins, a dynamic force in the realm of mental wellness, a multifaceted award winning advocate, and a sought-after keynote speaker. As a bestselling author with a faith-based approach, Jamie is dedicated to proactive change in the mental health landscape.

Known affectionately as The Happiness Coach, Jamie's infectious smile and down-to-earth positivity make her a beacon of inspiration. Her mission, deeply rooted in self-love, purpose, and lifestyle success, resonates profoundly as she equips her audience with tools for heightened happiness and well-being.

As the driving force behind My Peace of Happy, LLC, Jamie empowers women and teen girls through coaching, consulting, and community-building. Her role as a writing coach enables women to embrace mental wellness by owning their narratives and crafting their stories. A personal journey of self-discovery drives Jamie's commitment to helping others, as she aims to ensure every woman feels seen, equipped, and empowered with purpose.



Booking for keynote speaking engagements and coaching can be booked via...

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