



Jamie Watkins

My Peace of Happy

Speaking Topics

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

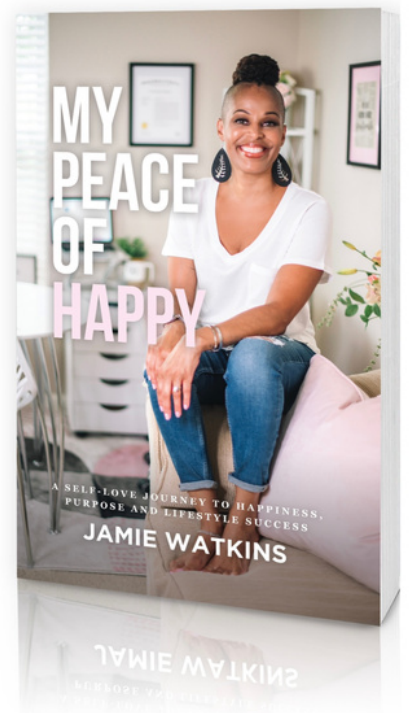
MEET JAMIE WATKINS

Mental Wellness Speaker | Coach | Best Selling Author | Host

Jamie Watkins is known for her infectious smile, positive energy, down-to-earth approach and keen ability to connect with a powerful message rooted in self-love, mental wellness and lifestyle success.

Often called the "Happiness Coach," Jamie is the founder of My Peace of Happy, LLC, a coaching, consulting and community brand dedicated to empowering women. Taking a proactive approach to the mental health crisis, she gained her certification in the Science of Well-Being and equips women with the tools to embrace their self-worth, cultivate mental wellness and create extraordinary lives!

Jamie personally struggled with feeling lost and unworthy for years inside of a toxic marriage. Jamie shares her story so others know they are not alone in their struggles. She knows what it takes to cultivate mental wellness and create happiness from the inside out. Her mission is to help others feel seen and know they are enough, equipped and empowered with purpose!



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