



# *Jessica Hammock*

Speaker, Coach,  
Podcast Host,  
& Trauma Specialist

## SIGNATURE TOPICS

- ✓ Spirit, Soul, Body Connection
- ✓ Wellness and Self-care
- ✓ Managing Anxiety and Stress
- ✓ Identity after Trauma
- ✓ Emotional Intelligence
- ✓ Hope and Faith In Difficult Circumstances

Jessica is the Founder of Vibrant Voice, a safe space for others to find their voice in all stages of healing. Jessica serves as an Emotional Mastery Coach, Licensed Trauma Specialist, Podcast Host, Speaker and Author. She holds a M.S. in Counseling and has over 15 years experience in Education where she has done everything from classroom teacher to Assistant Principal.



# COLLABORATION OPTIONS

## GROUP COACHING- EMOTIONAL/SPIRITUAL ALIGNED HEALING

- Monthly Discovery and process call
- Social Media Community

## ONE-ON-ONE IDENTITY/TRAUMA MAPPING

- Three Individual Sessions
- Trauma release techniques
- Sound frequency resetting tool

## SPEAKER & PODCAST GUEST

- Training for Emotional Regulation
- Professional Keynote Speaking



Please feel free to reach out for any questions.

## CLIENT FEEDBACK

Working with Jessica has uncovered and unblocked so many traumas in my life that I never even realized I was still holding onto. Some I knew, of course; however I had buried so deep and I had clung to the feelings and the beliefs that I had originally tied to these traumas that were also keeping me from experiencing my life the way I wanted to.

## Get in Touch!

 Vibrantvoice20@gmail.com

 [Www.vibrantvoice.life](http://www.vibrantvoice.life)

 972-989-3189