



JESSICA COX

INFORMATION KIT



MOTIVATIONAL SPEAKER, “POSSIBLE THINKING” BUSINESS CONSULTANT, GUINNESS WORLD RECORD HOLDER

Jessica Cox is a motivational speaker featured on TV shows like Ellen, CNN, National Geographic, Fox and Friends, and BBC News. Her speaking career spans 18 years, 28 countries, and audiences up to 40,000 people. Companies like AT&T, NASA, the Smithsonian, State Farm, and Cisco have asked her for inspirational workshops, keynotes, and more.

Jessica was born without arms and uses her feet the way most people use their hands. Jessica grew up asking with frustration and anger, “Why me? Why do I have to be different?” She learned to see the blessings in her life and accept herself as a whole person. Now, Jessica flies airplanes, drives cars, is married, and otherwise lives a normal life.

Jessica is the author of *Disarm Your Limits*, an autobiographical self-help book that has sold more than 10,000 copies. She also writes a monthly article for *Flying Magazine*. In 2020, Jessica announced plans to build The Impossible Airplane, a custom 200 mph, 4 seat airplane she will use to circumnavigate the world. When she’s not flying off into the sunset, Jessica continues to train in Taekwondo, where she’s a Fourth Degree Black Belt.



FULL BIOGRAPHY

Born in 1983 in Sierra Vista, Arizona, Jessica has learned to live her life with her feet. There were many questions at the time about whether Jessica would be able to live a “normal” life. However, Jessica’s father has said he never shed a tear about her birth condition. He had full confidence in her potential. With the support of her parents and family, Jessica became confident in herself as an adult and continued to explore the world with her feet.

At the age of 14, Jessica earned her first black belt in the International Taekwondo Federation. After graduating from high school, Jessica attended the University of Arizona, where she earned a bachelor’s degree in psychology. When talking about her degree, she frequently explains that psychology credits the way people think with having a greater impact on their lives than a physical limitation. During college, Jessica joined an ATA Martial Arts club and became the first armless person to earn a black belt in the ATA.

Jessica’s most famous accomplishment was learning how to fly. It took three states, four airplanes, three flight instructors, and three years to find the right aircraft: a 1946 415C Ercoupe Airplane. In 2008 Jessica earned her Light Sport Pilot Certificate. She received the Guinness World Record for being the first person certified to fly an airplane with only their feet in 2011.

In May 2012, Jessica married in the beautiful city of South Pasadena, CA. In the fall of that same year, Jessica became a Goodwill Ambassador for [Humanity & Inclusion](#), a Nobel Peace Prize winning NGO, and advocated for disability rights in Ethiopia, the Philippines, Nepal, and the US Senate.

Flying continues to be a passion for Jessica as she attends many of the largest aviation events in the world. Along the way, she has been recognized for numerous awards, including Woman of the Year from the Tucson Hispanic Chamber, an honorary doctorate from Universidad Santander in 2023, and a distinguished speaker award from Egypt’s President at the World Youth Forum in 2019.

In 2019, a generous fan donated a 1946 415C Ercoupe with tail number N26R (“two-six-romeo”) for Jessica’s use. With an 85 horsepower engine, two seats for a pilot and a copilot/passenger, a cruising speed of around 90 miles per hour, and a flying time of a little over three hours, N26R is a fair-weather airplane designed primarily for local daytime flights. Because of the performance limitations, Jessica plans to build [The Impossible Airplane](#), a 200 mph four-seat RV-10 airplane with custom controls for Jessica to use.

RIGHTFOOTED FOUNDATION INTERNATIONAL

Founded in 2017, Rightfooted Foundation International was created by Jessica to further her advocacy for children with limb differences and other disabilities around the world. Rightfooted Foundation is a 501(c)(3) non profit in the United States. The first project from the foundation was the YouTube channel **Life with Feet** which highlights the unique ways Jessica and her friend Tisha Unarmed navigate life without arms. Life with Feet garnered more than one million views on its videos in the first two years of release and continues to act as a resource for amputees around the world.

Rightfooted
FOUNDATION INTERNATIONAL



PROJECT 2025: THE IMPOSSIBLE AIRPLANE

IMPOSSIBLEAIRPLANE.COM

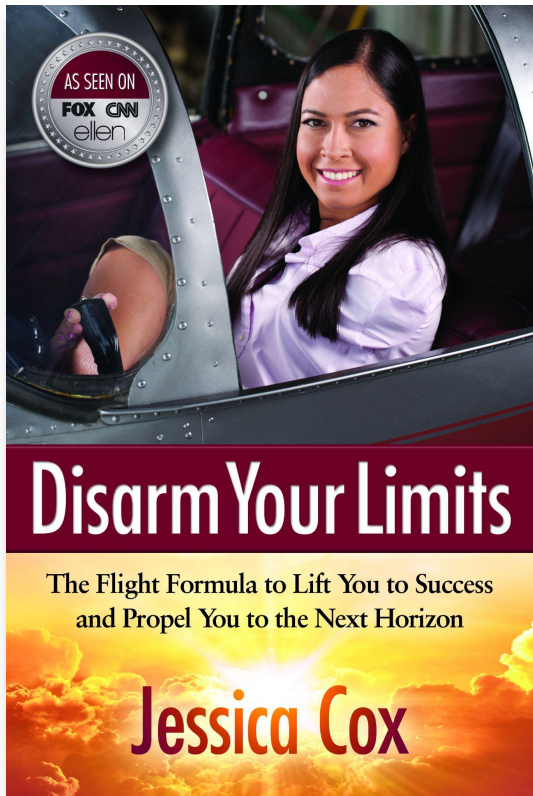
After seeing the impact that is made when Jessica visits youth with her airplane, Jessica decided to go one step further and design the first solely foot controlled airplane in history. The modified RV-10 (currently in development) will allow her to reach more people more quickly and epitomize the message that **"DISABILITY DOES NOT MEAN INABILITY."**



DISARM YOUR LIMITS

DISARMYOURLIMITS.COM

Published in 2015, *Disarm Your Limits* is Jessica's first book. It chronicles Jessica's story to live without prosthetic arms using her feet as other people use their hands. Using a simple aviation metaphor, she gives insight into how people struggling with courage, determination, and creativity can overcome their challenges. Her "formula for flight" is how Jessica achieved her greatest triumph: unrepentant regard and self-acceptance for herself as a whole person.



RIGHT FOOTED, THE DOCUMENTARY

RIGHTFOOTEDMOVIE.COM

Jessica teamed up with Emmy-Award-winning filmmaker Nicholas Spark to begin production of a documentary chronicling Jessica's life. Throughout a difficult childhood filled with bullying and heartache, Jessica fought for dignity and independence. She now works as a mentor to children with disabilities and their families in the USA and abroad, helping them overcome their situations just as her mentor once helped her. It is a story about the power of inspiration and mentorship and about how everyone—those with visible disabilities and those without—can find the strength within themselves.

After more than 50 film festivals around the world, Right Footed won 14 major awards including Best Social Impact at the Hollywood International Film Festival. It was also shown on National Geographic in more than 80 countries.



ACHIEVEMENTS & TITLES

- Certified Light Sport Pilot
- Guinness World Record: The first woman to fly an airplane with her feet was Jessica Cox (USA) (b. 2 February 1983) who gained her pilot's license on 10 October 2008 in spite of being born without arms.
- Goodwill Ambassador, Humanity and Inclusion
- Goodwill Ambassador, Flight School Association of North America
- Top 15 Filipino Motivational Speakers ([When in Manila](#))
- First black belt without arms in ATA Martial Arts, Certified Trainer Instructor, and Fourth Degree Black Belt
- 98th Annual Tucson Rodeo Parade Grand Marshal (2023)
- 2022 Tucson Woman of the Year, Tucson Hispanic Chamber of Commerce
- Doctor Honoris Causa (Honorary Doctorate), 2023, Universidad Santander

NEWS ARTICLES

- [Armless Pilot Celebrates ADA Anniversary in Flight](#), AOPA
- [The Air Up There Podcast: Flying Feet First](#), FAA
- [10 Best Pilots](#), Plane & Pilot Magazine
- ["There Were A Lot Of Doubters" Woman Proves Everyone Wrong After Getting Her Pilot License](#), Boredpanda
- [Meet Jessica Cox, world's first licensed armless pilot](#), CNN Philippines
- [Jessica Cox Partners With Van's on RV-10 That Can Be Controlled By Feet](#), Flying Magazine



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JESSICA COX