



Jamie Watkins

*My Peace of Happy*

### Keynote Topics

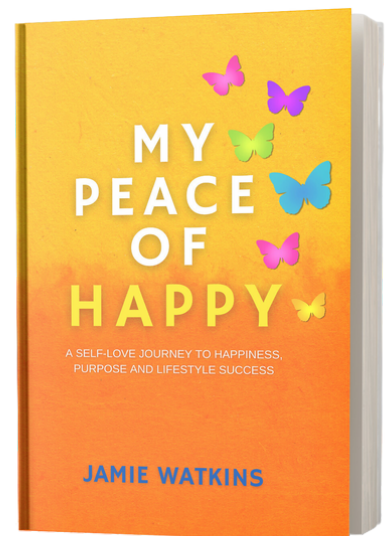
- ✓ SELF-LOVE & SELF WORTH
- ✓ MENTAL WELLNESS & WELL-BEING
- ✓ PURPOSE & LIFESTYLE SUCCESS

# MEET JAMIE WATKINS

Jamie Watkins, a multifaceted mental wellness advocate, keynote speaker, writing coach, best-selling author, and talk show host, is at the forefront of proactive change in the mental health landscape.

With a mission to equip her audience with tools for heightened happiness and well-being, Jamie's infectious smile, positivity, and down-to-earth approach resonate profoundly. Her message is deeply rooted in self-love, purpose, and lifestyle success. It fosters connections that inspire personal growth, mental health advocacy, stress management and more.

Affectionately known as the Happiness Coach, Jamie is the founder of My Peace of Happy, LLC, a coaching, consulting and community brand dedicated to uplifting women. Jamie adds value to your organization by pairing her personal experience, coaching expertise and her knowledge in the science of well-being to deliver a powerful message that educates, elevates and empowers!



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