



Jamie Watkins
My Peace of Happy

HAPPINESS COACH & SPEAKER

Owner of My Peace of Happy, LLC

Mental Wellness Speaker

Certified Coach

Best Selling Author

Talk Show Host

Meet Jamie

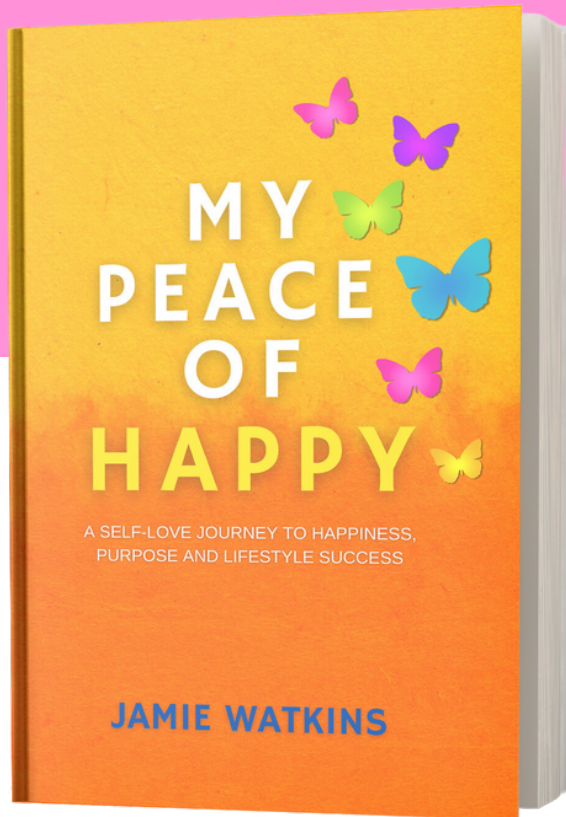
About Jamie

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.

Affectionately known as the Happiness Coach, Jamie's infectious smile, positivity, and down-to-earth approach resonate profoundly. Her message, deeply rooted in self-love, purpose, and lifestyle success, fosters connections that inspire growth.



Speaker | Coach | Author



MY PEACE OF HAPPY

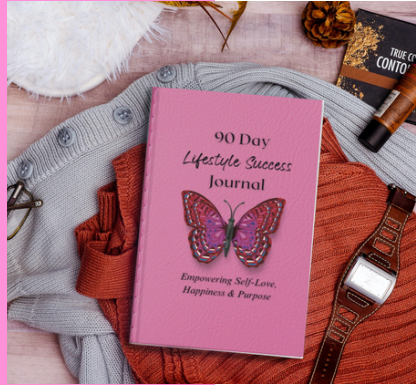
A SELF-LOVE JOURNEY TO HAPPINESS,
PURPOSE AND LIFESTYLE SUCCESS

ABOUT THE BOOK

After experiencing the death of her brother, Jamie is faced with the reality of mortality. As a result, she struggles with perfectionism, compulsive planning and people-pleasing most of her life as she tries her best to control the future. Near the inevitable end of her first marriage, Jamie finds herself feeling lost and determines to embark on a self-love journey to happiness, purpose and lifestyle success.

Jamie proves that we are not alone in our struggles. To pave the way for better days, she shares her story to help others brave the beauty of sweet surrender, embrace the freedom of forgiveness and find greater happiness in life...[click here](#) to read more.

More for Growth



90-Day Lifestyle Success Journal: *Empowering Self-Love, Happiness & Purpose*

[Available on Amazon](#)



Empowering Me: *A Self-Love Journal for Teen Girls*

[Available on Amazon](#)



Plan with Purpose *A Guided Planner for Women*

[Available on Amazon](#)



The *My Peace of Happy* Talk Show

With Jamie Watkins

ABOUT THE TALK SHOW

The mission for THE MY PEACE OF HAPPY TALK SHOW is to use the platform to help women feel seen and know they are enough, equipped and empowered with purposed!

Jamie personally struggled with feeling lost and unworthy for years inside of a toxic marriage. She now shares her story so others know they are not alone in their struggles. She knows what it takes to prioritize mental wellness and create happiness from the inside out.

Jamie firmly believes that "We Grow Better Together", that all of our voices matter and make both a difference and impact when we share in each other's experiences. This show brings together women and their voices in conversation to achieve this common goal.



SOCIAL MEDIA STATS

**Women 81%
Men 19%**

**40K
Reached**

**10K+
Followers**

Guest Features



Lehigh Valley Style Magazine

[Living Well with Jamie Watkins - Nov. 2023 Issue](#)

Today's Purpose Woman

[Jamie Watkins - Featured Author](#)

Pretty Women Hustle Magazine

[Entrepreneur Spotlight - Page 11](#)

Lehigh Valley Style Magazine

[Ask the Expert - May 2021 Issue](#)



WFMZ -Channel 69 News at Sunrise

[Jamie Watkins helps women find their happy place.](#)

"Jamie Watkins is a best-selling author who helps women feeling like they have lost their purpose get it back. She spoke on 69 News at Sunrise with WFMZ's Jaciel Cordoba about that and her book My Peace of Happy: A Self-Love Journey to Happiness, Purpose and Lifestyle."



Special Guest Appearances YouTube and Podcasts

[The LV Edit Podcast with Kristen Wagner](#)

[Called Into Being Podcast - Jenn Schultz](#)

[Kendell Lenice LIVE - Kendell Lenice](#)

[The Inspiration Hour with Luz](#)

Speaking Topics

**"I EQUIP PEOPLE WITH THE TOOLS TO
CREATE EXTRAORDINARY LIVES." - JW**

- Self-love & Self Worth
- Mental Wellness & Well-Being
- Purpose & Lifestyle Success

- Custom topics available upon request



Book Jamie Watkins



- Keynote Speaker & Host • Group Coaching & Workshops •
- Author Interviews • Podcast Guest • Panel Discussions •
- Empowerment Events • Corporate Events • Teen Motivation

BOOK NOW

