



A L E C I A J A C O B S O N C O A C H I N G

Keynote Speaker • Virtual Presenter • Workshop Facilitator

Alecia Jacobson is a highly-rated motivational speaker, women's life and health coach and group facilitator.

She is also a podcast host, fitness trainer and successful entrepreneur.

Alecia works with individuals, groups, and organizations and she is fired up about helping people grow stronger - inside, outside and all around - so they can live a life they love.



Signature Topics

- Setting and Reaching Your Goals
- Confidence and Mindset
- Stress Management
- Crowding Out Stress
- Health and Fitness

Event Types

- Corporate Events
- Professional Development
- Small Group Workshops
- Virtual Speaking
- Single or Multi-Day Retreats

"I love speaking to groups and seeing the lightbulbs that come on in people's bodies and minds. It's invigorating to see the changes being made; little shifts have big results. My audiences walk away thinking differently and ready to take steps to have a better work environment, more connection, better work-life balance, and better outlook. The change begins in that moment, and I love to be kickstart that transformation." - Alecia Jacobson

Every individual has patterns and behaviors that hold them back from reaching their highest potential. Alecia Jacobson provides expert insight and impactful motivation to help audiences start a journey towards meeting and exceeding their goals.

As an experienced public speaker, Alecia Jacobson aims to deliver education, inspiration and entertainment to a variety of audiences. Alecia strives to make every event a memorable experience, delivering actionable content and empowering messages.

Credentials:

- Graduate of UW Madison Certified Professional Coach Program
- Integrative Nutrition Health Coach
- Certified in the Gottman Method Couples Therapy Level 1 Training
- Fitness Trainer with 12+ years of Experience
- Gym Owner for 10+ years

What Audiences Say:

"Thank you for your great ideas. We had engaged conversation at our table and I have already told several friends about the exercises we did, as well as some of your nuggets of wisdom. I appreciated having some time and space yesterday to think differently about energy and tasks. Thanks for taking your time and bringing your expertise."

"Alecia catered her presentation to the unique job this group has and their day-to-day challenges and opportunities. She tapped into what inspires and motivates people, and talked about specific strategies for reigniting that passion."

Contact Details

Booking Requests: contact@aleciajacobson.com

More about AJC: www.aleciajacobson.com

