



Jessica is recognized internationally as an inspirational keynote speaker. Born without arms, Jessica now flies airplanes, drives cars, and otherwise lives a normal life using her feet as others use their hands. She holds the title of the first person without arms to earn a black belt in ATA Martial Arts and the Guinness World Record for being the first armless person in aviation history to earn a pilot's certificate. Convinced that the way we think has a greater impact on our lives than our physical constraints, Jessica chose to pursue a degree in psychology at the University of Arizona. Since then she has traveled to 26 countries on six continents sharing her inspirational message.

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.

Jessica's parents eventually met a Taekwondo instructor named Jim Cunningham. His response, when told of Jessica's birth condition, was that she would be more than physically able to participate and that only her attitude could hold her back. 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 p...

## Jessica Cox

### Speech Topics

- Youth
- Virtual Keynotes
- TED Talks
- Sports
- Resilience
- Overcoming Adversity



## Testimonials

Ms. Cox's presentation will have members of your team improve their attitudes, teamwork, and motivation...and grow with appreciation of their opportunities.

- Guaranty RV Center .

The students said they will always remember to try harder...The parents that attended were also moved by your relentless determination to accomplish goals

- St. Francis of Assisi HSA.