

BUILT FOR

- Reentry organizations and family programs in corrections
- Child welfare and foster care
- Juvenile justice
- Schools, districts and libraries
- Social workers and frontline youth workers
- ACEs and mental health conferences

FORMATS

Conference keynote, professional development day, staff in-service, caregiver convening and family program sessions. 30 to 60 minutes, in person or virtual, with live guided practice.

CREDENTIALS

- TEDx speaker
- Certified breathwork facilitator, adults and children
- ACEs Awareness Ambassador
- BA Psychology, AA Criminology
- Approved NYC Department of Education vendor
- Co-founder, NYC youth-serving nonprofit
- Author, *800 Moons Without You, Daddy* (forthcoming)

Bring Jess to your stage.

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Jess L. Brown

BREATHWORK FACILITATOR · TEDX SPEAKER · AUTHOR · MOM OF FIVE

> *A child is one regulated adult away from a different future.*

Jess L. Brown works with **families impacted by incarceration, and the adults who hold them together.** She knows this work from the inside: she raised her first three children alone after their father was incarcerated, and she is raising her youngest two differently. Her method moves in one direction: settle the body first, because nobody rewrites their story from inside a threat response.

TALKS

The One in the Room

KEYNOTE OR WORKSHOP

Every young person who turns a corner can name the adult who stayed steady. How to become that adult, on purpose, with tools your audience uses the same day.

Body First. Adult First.

30-MINUTE TALK

Before we teach a child to calm down, our own body has to go first. What steadiness looks like in the adults around kids.

Breath by Age

30 MIN + 15 MIN Q&A

Age-appropriate breath patterns for children that educators and caregivers can use right away.

WHAT THEY LEAVE WITH

A 30-second practice
Built for the gap between an incident and a response, so it fits a full day.

Words for the guilt
About the times they already lost it, the thing that stops them from trying at all.

What the body hears
Why willpower fails at the exact moment they need it, and what works instead.

SPOKEN AT

TEDxTrinityBellwoods · University of Guelph · Mississauga City Hall · Humber College · Alternatives to Violence Project International · NYC Public Schools

WHAT ORGANIZERS SAY

"Jess left a room full of industry professionals inspired to make a change in their own lives that night."

GUELPH WOMEN IN LEADERSHIP CONFERENCE, UNIVERSITY OF GUELPH

"One of the best talks I've heard in my 16 years at the school."

COORDINATOR OF STUDENT ACTIVITIES, RFK COMMUNITY HIGH SCHOOL, QUEENS, NY

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Breathe steady.