



Jessica Latin

Licensed Professional Counselor & Wellness Speaker

Jessica is a top-level wellness speaker with 10+ years of experience as a mental health professional. Jessica works with individuals, groups, and organizations to educate and empower them to become healthier and live happier lives. Jessica is an author of a guided self-esteem journal *Crowned in Confidence* and is also the founder and host of *The Counselor's Complex Podcast*.

AS SEEN IN

**318 FORUM
Magazine**

VOYAGE ATL

LOLA Magazine

**KTAL NEWS 6
KSLA NEWS 12**

SIGNATURE TOPICS

- ✓ Maternal Mental Health
- ✓ Wellness and Self-care
- ✓ Stress Management
- ✓ Building Self-Esteem
- ✓ Balancing Work and Personal Life

LET'S WORK TOGETHER!

Please feel free to contact me for any concerns or questions.

✉ wellness@jlcounselingllc.com

🌐 jlcounselingllc.com

"RENEWING LIVES FROM THE INSIDE OUT"