

**Here is Jess' Stage Introduction. Feel free to tweak it to fit your event!**

*Pronunciation of Ekstrom: Eck-strum*

*Pronouns: She/her*

Jess lives by three words: inspiration from frustration. Whenever she's frustrated, she usually finds inspiration in a business idea to solve the problem. In 2012, she launched Headbands of Hope as a college student to help provide headbands to kids with illnesses. And in 2020, she created Prompted.io, an online journaling platform with prompts by experts to help you achieve your goals.

Her first brush with success was selling all of her toys on eBay when she was twelve. Since then, Jess has been featured on the TODAY Show, Good Morning America, the Hallmark Channel, Inside Edition, Vanity Fair, Forbes, and People Magazine ran an exclusive piece about her when her book was released. You've most likely seen Jess on your TV whether it was an interview on your favorite morning show, shopping on QVC or watching her run her business from her Airstream in a global Canva commercial.

Her book Chasing the Bright Side debuted as a #1 New Release on Amazon and Apple picked her audiobook as their Must-Listen of the month (she thinks it's because of her Bill Nye the Science Guy impression she did when she was narrating).

Some of her career highlights have been donating over a million headbands reaching every children's hospital in America and 22 countries and making it on CNN when she finished The Krispy Kreme challenge (where you eat a dozen donuts and run 5 miles) .

Jess is also a Forbes Top Rated speaker and founder of Mic Drop Workshop, an online course and community with the mission of empowering more women to share their message as a public speaker.

Her hobbies include writing, hiking, board games with her husband, playing with her dog, and searching for the best breakfast burrito in America.

Please welcome, Jess Ekstrom.