JESSICA COX

Motivational Presenter • Pilot • Karate Black Belt
Race Driver • Life Coach • Author
Int'l Keynote Speaker • Workshop Presenter

Jessica believes in a future where people passionately pursue their dreams with the resilience to overcome any challenge. Described as a motivational speaker "no one will ever forget," Jessica shows audiences around the globe how to inspire enthusiasm and empower diversity, with a goal of showing people how to go home from work every day and feel excited for tomorrow, she teaches how to

Jessica Cox is a motivational speaker, the world's first licensed armless pilot, as well as the first armless black-belt in the American Taekwondo Association. She holds the Guinness World Record for being The First Armless Person in the World Ever to Have Obtained a Pilot's License. She is the subject of the documentary "*Right Fo oted, A Documentary Film About Jessica Cox*", and also the author of the book, "*Disarm Your Limits*." Prepare to be inspired!

Born without arms, Jessica is fascinated by the limitless ways the human body can adjust to a variety of circumstances. Jessica has utilized dormant physical traits to adapt and use her feet the way people use their hands. As she learned to conquer physical barriers, she developed mental skills that allowed her to go on to achieve the seemingly impossible in her own, unique way. Jessica is best known for becoming the first armless pilot in aviation history. Her achievement earned her a Guinness World Record medal and has been a trending topic on Facebook and featured on tv programs like Ellen, Inside Edition, Fox and Friends, Oprah Winfrey Network, CNN, CBS Evening News, and the BBC.

JESSICA'S OTHER ACCOMPLISHMENTS INCLUDE EARNING OR BECOMING: • A certified scuba diver • The first armless black belt & state champion in ATA Martial Arts • A sought after YouTube & social media influencer • One of Plane & Pilot Magazine's "Top 10 Pilots," •Authoring the self-help/autobiographical book *Disarm Your Limits*.

Jessica's unconventional views on how to overcome a challenge have earned her international invitations from companies such as Boeing, GE, Oerlikon, Nestle, State Farm, AT&T, NASA, US Air Force, Johnson & Johnson, IBM, JP Morgan Chase, Smithsonian, AXA, and Mahindra. Jessica enjoys taking on new challenges, the latest of which are slacklining and rock climbing. She gives back to the global disability community as the Goodwill Ambassador for the Nobel Prize winning NGO Humanity and Inclusion. As a personal passion, she mentors children with limb differences and their parents.

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