

# CHOOSING JOY

*with Jess Miller*



*The Jess Miller*  
**J.A.M. EXPERIENCE™**

**Jess Miller**  
Speaker Kit



## About Jess Miller

Jess Miller brings over 25 years of corporate leadership experience to her work with teams and organizations. After building and leading operations, client services, and marketing teams in the legal industry, she created The J.A.M. Experience, a structured methodology designed to help teams regulate stress, shift mental patterns, and reconnect to the focused energy that drives performance.

As co-founder of The League of Women in Legal, a national coalition serving women across the legal profession, Jess has worked with leaders navigating complex organizational dynamics, building influence, and creating cultures where people can do their best work.

**“When you embody joy, you not only change your world, but every world you touch.”**

Featured at TEDxNashville in October 2025, Jess demonstrated the power of this approach by transforming an entire conference audience from seated to moving, from hesitant to energized, in under three minutes. It was a live demonstration that joy activation isn't theoretical or time intensive. It works in any setting, with any constraint, even with audiences who show up skeptical.

The J.A.M. Experience is for conferences, corporate teams, and leadership gatherings where organizations need their people to leave different than they arrived.

### Key Credentials:

- Featured at TEDxNashville (October 2025)
- Featured on NewsChannel 5 (November 2025)
- 25+ years corporate leadership experience
- Creator of Release. Reframe. Radiate. methodology
- Co-founder, The League of Women in Legal



**The J.A.M. Experience** is a structured session that helps teams regulate stress, shift thinking patterns, and reconnect to the energy that drives performance. **It's interactive, practical, and designed for real results.** No lectures or trust falls! Participants engage at their comfort level and leave with practical tools they can use immediately.

### *Release*

Nervous system regulation through breathwork

### *Reframe*

Mental pattern shifts using gratitude and intention-setting

### *Radiate*

Embodied change through movement and music

### **Measurable Impact**

Recent participants measured their sense of wellbeing before and after:

- **Before: 5.2 out of 10 → After: 7.8 out of 10**
- **40% improvement that participants report sustaining beyond the session**



## Session Formats & Investment

### In-Person Sessions

- 60 minutes: \$3,500 + travel
- 45 minutes: \$3,000 + travel
- 30 minutes: \$2,500 + travel

### Virtual "Jolt of Jam" via Zoom

- 15-30 minutes: \$1,500

### What's Included

- ✓ Discovery call to customize
- ✓ Professional AV setup
- ✓ Before/after measurement
- ✓ Practical tools for daily use

## Perfect For:

### Conference Organizers

Breakout sessions and keynotes that reset attendee energy between information-heavy programming

### Corporate Leaders

Leadership offsites, team retreats, and quarterly gatherings where rebuilding connection and energy matters as much as strategy

*When you want people to leave different than they arrived!*

# What People Say



"We used Jess during a conference in Las Vegas and it was absolutely magical. The whole group left feeling energized, motivated, and uplifted. **I used to think this stuff was just BS but Jess helped me break that barrier.**"

— Carson Bayer Gillespie,  
Cofounder & President,  
[theleague.law](http://theleague.law)

"Jess, I sure hope you know the impact you had on my day. From the moment you greeted me, I could feel I was stepping into something powerful. **You created a space for reflection, joy, and connection that I truly needed.**"

— Robert Hartline, EOS Worldwide

"Jess brought her J.A.M. Experience to our team call, and it was exactly what we needed. Through her 'release, reframe, and radiate' framework, we connected with the science behind gratitude and visualization, and left feeling energized and aligned. **Jess, thank you for helping us tap into joy as a real business tool—not just a nice-to-have, but a catalyst for doing our best work.**"

— Kyle Swanson, Leadership Development Professional, Ziel Leadership

"This is therapeutic. This is how we change the world with joy. It was the movement. Like it was the power of dance. **It is an incredible way to start your day.**"

— Courtenay Roger, CEO, CoRo Consulting

# Media & Recognition

## Featured at **TEDxNashville**

October 2025

Jess delivered a special 3-minute JAM activation as part of TEDxNashville's 'Future of Joy' programming that transformed the entire audience from seated to moving, from hesitant to joyful, in under 3 minutes.



[Watch on YouTube](#)

## Featured on **NewsChannel 5+**

November 14, 2025

NewsChannel 5 feature highlighting Jess's work bringing joy activation to the Nashville community.



[Watch on YouTube](#)



# Book Your Experience Today!

Whether you're planning a conference, corporate retreat, or leadership summit, The J.A.M. Experience delivers measurable results that last beyond the session.

**Jess Miller**  
Joy Activation Specialist

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**Schedule Your  
Discovery Call**

