



You Can't Have it All: Finding Balance in College

Keynote | Workshop | Virtual

Overachievers, consider yourself seen. Jessica has been paying attention to you and your struggles.

You want to be a leader, get good grades, land an internship, date someone cute, volunteer, make some money, find your crew of close friends and all while making a million amazing memories that will last forever. Yet, you spend much of your time stressing out because you have hundreds of emails, a mountain of homework, a significant other you haven't talked to in days, a to-do list the size of Indiana, and you can't help but be glued to your Insta Stories while you watch all the fun you're missing back at school.

Sound familiar?

Turns out you can't have it all. Let's look at what you really want from college and do a little of editing to get you to the college experience you really want. In this dynamic, honest program, Jessica works to not only identify the need for sustainable balance in college, but also to equip audience members with the tool to achieve it.

Audience members will...

- Critically examine how they are spending their time in college
- Examine the construct of "balance" and whether it is truly attainable
- Develop a plan to prioritize what is truly important in their lives

Ideal Audiences

- Student Leadership
- Leadership Development
- Sorority / Fraternity Chapters/Organizations
- Community Colleges