



Jessica Lightbourne

C O A C H I N G

Jessica Lightbourne Coaching
jessicalightbourne.com
jessicalightbournecoaching@gmail.com
+1 (441) 734-7344

Capabilities Statement

About

Jessica Lightbourne is an executive leadership and lifestyle coach who partners with clients to get them to “the next level”. She asserts that it is possible for anyone to fulfill their potential and accomplish more than they ever imagined with the help of coaching. She stands out as a provider of executive, leadership, career and lifestyle coaching, creating personal transformation through one-on-one and group sessions.

Jessica has been a lawyer since 2008, having qualified in Canada and Bermuda, and has experience in the private and public sectors. She uses her life and career experiences, as well as professional training, to connect with her clients with empathy, enthusiasm, and psychological safety, and uncover the magic, power, and spark that they have felt is missing in their lives and work.

Key Services

Executive Leadership Coaching

- 1-on-1 Coaching for Leaders
- Leadership Development
- 1-on-1 and Group Coaching for Staff
- Diversity, Equity, Inclusion & Belonging
- Performance Improvement
- Effective Communications
- Problem Solving for Leaders
- Conflict Resolution
- Psychological Safety
- Strategic Planning
- Risk Management

Corporate Training

Lifestyle Coaching

- 1-on-1 Transformational Life Coaching
- Wellness
- Assertiveness
- Self-Esteem & Worthiness
- Resilience
- Weight Loss
- Work-Life Balance
- Career Coaching
- Happiness
- Self-sabotage

Public Speaking

Mentoring

Trusted By



Bermuda Hospitals Board



"Jessica is an amazing coach and a consummate professional. She naturally brings a warm and engaging presence with every interaction. She is thoughtful and intentional with how she communicates. Setting the environment for you to connect, share and grow. I highly recommend her services and would encourage anyone to take the opportunity to work with her."

—Lloyd Holder, Chief Information Security Officer at SiriusPoint