

Jessica M. David

Coach Jess · Founder, Jessica David Coaching, Inc.



M.S. MENTAL HEALTH COUNSELING · B.S. PSYCHOLOGY
UN PEACE AMBASSADOR

ABOUT

Jessica David is a Christian trauma-healing coach, author, and speaker helping women restore what pain has interrupted: their bodies, their marriages, and their sense of self. Drawing on her own story of restoration, she blends faith and psychology into a practical, permission-based approach that has shaped her signature frameworks and her book series, "How To Touch Me."

"Healing is not a luxury. It is your assignment."

Liberate Women · Restore Families · Empower Generations

148+

VIDEOS PUBLISHED

13

SIGNATURE FRAMEWORKS

3

FLAGSHIP PROGRAMS

SPEAKS ON

Trauma-Informed Healing

Christian Marriage Restoration

Nervous System Regulation

Boundaries & Identity

Faith & Psychology Integration

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