

# JESSICA GUERRERO

*MS, RN, NBC-HWC*

612.321.8246

**EMAIL:** [thisisyourlifecoaching@gmail.com](mailto:thisisyourlifecoaching@gmail.com)

**AVAILABLE:** Mondays thru Thursdays

## **DEGREES/LICENSE**

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Master's degree in Integrative Health and Wellness, Creighton University National Board-Certified Health and Wellness Coach (NBC-HWC) Certified Functional Nutrition Informed Professional (CFNIP) Registered Nurse (RN)

## **WORK EXPERIENCE**

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Jessica has over 15 years of work experience in a healthcare setting. Her background is primarily in mental health and pediatric nursing. She has a history of working with women impacted by cancer, women in high burnout professions, and young adult women experiencing stress and anxiety.

## **PHILOSOPHY**

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As a national board-certified health and wellness coach (NBC-HWC), Jessica utilizes a person centered/strength approach with her clients. She **works collaboratively with her clients offering them the tools, support, and accountability they need to create meaningful goals and take action that will foster sustainable change in their lives.** Jessica incorporates the pillars of lifestyle medicine: nutrition, physical activity, stress management, restorative sleep, social connection, and avoiding risky substances into her work.

After years of working as a nurse, Jessica realized that empowering individuals to have agency over their health journey, while approaching them from a holistic perspective, made a significant difference in their ability to achieve lasting change. In connecting more intentionally with her purpose, strengths, and values during her own **wellbeing** journey, she was able to cultivate change in her life that felt authentic, sustainable, and fun! Importantly, she also discovered the power of coaching and how it honors every client as being in the driver's seat—each possessing the inner wisdom of what's going to work best for them.

## **SPECIALITIES**

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Stress Management  
Sleep Management  
Physical Activity  
Nutrition  
Social Connection  
Behavior Change