

Jessica
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Death, dying, and living.

Mostly the living.



Jessica Rios-Flores, LCSW

THERAPIST · CERTIFIED DEATH DOULA · AUTHOR · SPEAKER

AUDIENCES WALK OUT WITH

01 Language for losses no one else counted.

02 Permission to feel conflicting things at once.

03 A way back to their own agency.

Jessica Rios-Flores, LCSW, is a trauma-informed grief therapist, certified death doula, and author of *Grief, Hope, Baseball*. She helps audiences recognize themselves in a conversation they never realized was about grief, and leaves every room with language, permission, and a way forward.

SIGNATURE TALKS

Too Strong to Grieve

Why high achievers can't outwork their loss, and what we can do instead.

Grief, Hope, and Everything in Between

The losses that don't fit neatly into our usual understanding of grief.

Disenfranchised Grief

Miscarriage, estrangement, mother-daughter grief and lost identity.

The Grief of a Lost Identity

For athletes and high performers grieving the self they left behind.

WHO SHE SPEAKS TO

ORGANIZATIONS & HR · CLINICIANS · ATHLETES & HIGH PERFORMERS · WOMEN'S LEADERSHIP · UNIVERSITIES

Hope is a choice.

Bring this conversation to your event.

KEYNOTES · WORKSHOPS
PANELS · TRAININGS

AS FEATURED IN · WUSF PUBLIC MEDIA · ST PETE CATALYST

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