

# Jesse Favre, MSW, MBA

**Leadership, Workplace Well-being,  
& Team Performance**

Jesse Favre (*she/her*) is a corporate trainer and public speaker on a mission to advance well-being and performance in the workplace. With over 1,000 seminars and workshops delivered, she skillfully dissects human behavior, ensuring insightful and engaging experiences.

Jesse brings a dual Master of Social Work (MSW)/ Master of Business Administration (MBA) degree from Washington University in St. Louis and certification in Youth and Adult Mental Health First Aid.

In 2024, she was invited to become a member of the international Employee Assistance Professionals Association (EAPA) Speakers Bureau.

Jesse also serves as a subject matter expert on workplace mental health in national media, including an appearance on *Lifestyle with Roy Ice*, the #1 life coaching talk show.

Before founding her company, Jesse spent more than a decade in the healthcare industry, including roles in hospital leadership and consulting.

To learn more about her work, visit [jessefavre.com](https://jessefavre.com).



## SIGNATURE TOPICS

- ✓ Leadership
- ✓ Stress and Burnout
- ✓ Conflict Resolution & Communication Skills
- ✓ Work/Life Blend
- ✓ Psychological Safety

