



Jesse Cody

Inspirational Speaker who brings the healing power of nature into organizations, teams and individual's lives.

Jesse Cody, a transformative force from Cambridge, MA, now calling Cerrillos, NM, home, is a visionary founder and keynote speaker dedicated to harnessing the healing power of nature to transform mental health and personal resilience. Over the past decade, he has traversed more than 16,500 miles across the United States, turning personal pain into purpose through his organization, **Hike The Good Hike**, a nonprofit devoted to raising awareness and fostering healing through wilderness exploration and storytelling.

Jesse's embrace of nature as a therapeutic partner has been pivotal in quieting the inner turmoil that once consumed him. His story challenges traditional mental health paradigms, emphasizing that healing is accessible, self-driven, and deeply interconnected with the natural world. Through his storytelling, Jesse creates a safe space for individuals to confront their inner voices, explore their unique "hike," and unlock profound growth and connection. He passionately advocates that just a few hours in nature, a free and accessible resource, can catalyze transformation, offering clarity, courage, and renewal.

A compelling speaker and mentor, Jesse inspires audiences to reimagine their relationship with mental health, encouraging them to listen to their inner voices and embark on personal journeys rooted in exploration, courage, and authenticity. Having navigated a life marked by childhood sexual trauma, insecurities, depression, narcissistic tendencies, and suicidal thoughts, Jesse's journey is a testament to courage, resilience, and hope. His work highlights that healing doesn't solely depend on therapy or medication but can be profoundly complemented by the wilderness's restorative embrace. Jesse's mission is not just to guide individuals toward wellness but to empower them to find their purpose and reignite their connection to the earth, fostering a sense of sanctuary and strength in the face of life's darkness.

In a world often shadowed by silence and stigma, Jesse Cody stands as a beacon of hope—reminding us all that healing is possible, and the greatest journey begins with a single step out of the chaos and into the **Wild Calm**.

