

Jamie Kirk

Licensed Psychotherapist & Mental Health Facilitator



About Me

Jamie Kirk is a licensed psychotherapist, author, and dynamic motivational speaker dedicated to transforming lives. As the founder of Process 2 Success, Jamie specializes in helping individuals overcome trauma, manage mental health challenges, and build a life filled with purpose and confidence.

With a powerful personal story of resilience and a no-nonsense approach, Jamie captivates audiences through engaging keynotes, interactive workshops on overcoming adversity, setting goals, mental wellness, grief, and relationships, as well as being a senior-level contributor for Brainz Magazine, a global digital magazine. Her expertise has made her a sought-after speaker for corporate trainings, wellness retreats, and community organizations.

@IAMJAMIEKIRK

IMPACT



From US



Reach



Women



Engagement

SIGNATURE TOPICS

- Healing Beyond Trauma
- Navigating Grief and Loss
- Mental Health in The Workplace
- Building Healthy Relationships
- Overcoming Depression and Anxiety

AUTHOR

The Hustler's Manual, A Guide to Taking Control of Your Life

The Road to Fabulous, Transforming Pain Into Purpose

The Relationship Workbook