

Influential Women: Jessica Klemme: Founder and Lead Coach Helping Women Reclaim Self-Worth, Freedom, and Personal Power

ISERNHAGEN, CA, UNITED STATES, August 25, 2026 /EINPresswire.com/ -- Blending Trauma-Informed Coaching, Fitness, Nutrition, and Lived Experience to Support Women Recovering from Toxic Relationships and Rebuilding Their Lives

Founder and Lead Coach of her own coaching practice and signature 5-Step Program, The Self-Worth Era Method, operating under the billing name JK Academy and Productions. She works remotely with women around the world who are seeking to heal from toxic relationships and rebuild their self-worth, strengthen emotional resilience and confidence, reconnect with their personal identity, and create an aligned life that feels true to who they are.



Jessica views her work as a form of problem-solving. Her goal is to help women move beyond emotional survival and toward greater strength, freedom, confidence, and self-trust. Her coaching focuses particularly on women navigating the effects of narcissistic or toxic relationships, with an approach informed by trauma recovery principles and her understanding of the complex emotional patterns that can develop through difficult experiences.

Her work is also shaped by a unique multidisciplinary background. Jessica began her career in the fitness industry as a personal trainer and nutritionist, working in Germany and Canada. She eventually developed and taught fitness curricula as a master trainer for a German company and later competed in bodybuilding. Through these experiences, she developed an understanding of the relationship between physical health, confidence, discipline, and personal transformation.

Over time, Jessica's professional direction evolved as she embarked on her own healing journey

through childhood abuse and difficult relational patterns. That experience became an important catalyst for her transition into trauma recovery work. Rather than viewing physical and emotional wellness as separate, she brings the two together in an approach that recognizes the importance of body awareness, emotional healing, self-understanding, and sustainable personal growth.

Jessica holds a Degree in Business Economics with a concentration in Marketing from Germany, as well as certifications and training in personal training, nutrition, fitness instruction, FST, Olympic lifting, BodyPump, life coaching, cognitive behavioral therapy, and trauma-informed and trauma recovery practices. Her combination of business, marketing, fitness, and coaching knowledge has allowed her to develop a practice that addresses both the personal and practical dimensions of transformation.

Jessica attributes her success to wanting to give back. She wants to become successful because she wants to make a bigger impact and become an inspirational person for others. Most importantly, she wants women to see that healing from abuse is absolutely possible and that coming from dysfunction does not mean a person has to remain defined by that experience.

For Jessica, changing her own story demonstrates to others that they can change theirs as well. She believes that when women see someone who has experienced difficult circumstances and successfully moved forward, they can recognize that hope and transformation are possible for them, too.

Her motivation also extends to supporting the people closest to her. Financial independence is meaningful to Jessica because it would allow her to support her family, including her mother, who has struggled with her health, and her brother, a talented musician and DJ whose career she hopes to support. Jessica explains that there was nobody who provided that kind of support for her, which has strengthened her desire to be that person for the people she loves.

She is equally motivated by the freedom that financial success can provide. As a passionate traveler, Jessica values time and location freedom and hopes to build a life that allows her greater flexibility and independence. She also wants to use her success to support and donate to organizations serving women affected by narcissistic abuse.

The best career advice Jessica has received centers on approaching business as a continuous process of problem-solving. Her business mentor once asked her, "Jazz, are you a problem solver?" That question became an important perspective for Jessica.

She believes that if a person can learn to solve problems for other people, they can also learn to solve the problems that inevitably arise within their own business. Whether the challenge involves technology, systems, sales, marketing, client acquisition, or business strategy, Jessica approaches it as the next problem to solve.

For her, the key is resilience. She believes many people quit not because they lack the ability to succeed, but because they are unwilling to continue solving problems when the path becomes difficult. Her philosophy is to address one challenge at a time and keep moving forward.

That mindset has been particularly relevant as Jessica continues to develop and reposition her coaching business. She has spent more than a year and a half focusing primarily on narcissistic abuse recovery but has increasingly shifted her messaging toward empowerment. Moving away from exclusively darker subject matter and toward the empowering side of transformation has presented challenges, particularly in determining how her offers, content, marketing funnels, and systems should evolve.

Jessica is currently exploring how to build systems that operate effectively in the background while improving online marketing, advertising, messaging, visibility, and client acquisition. She recognizes that some of this process involves trial and error, but she views that uncertainty as part of building a stronger and more authentic business.

For young women entering her industry, Jessica offers a message centered on self-worth. She believes women can heal from the wounds that caused them to shrink and can begin to distinguish their authentic beliefs from the messages imposed on them by other people.

Jessica encourages women to recognize who they truly are and understand that negative beliefs about themselves may not originate within them. By developing greater awareness of their self-worth, she believes women can begin breaking through the barriers that have limited them.

Her message is simple but powerful: a person can change their story, even when the beginning was written differently. Jessica believes women can take ownership of the next chapters of their lives and ultimately create a happier ending.

Jessica sees significant opportunity in becoming a stronger voice within the broader field of female empowerment. She wants to speak up, educate, motivate, and encourage women who may feel limited by their past experiences.

She believes that using her voice more boldly can allow her to create a greater impact. Her lived experience gives her a perspective that she hopes will resonate with women who are navigating similar challenges, while her professional background provides practical tools for helping clients move toward meaningful change.

At the same time, Jessica recognizes that growing a coaching practice comes with significant business challenges. Consistently attracting new clients requires ongoing attention to digital marketing, advertising, messaging, content creation, and other strategies for building visibility. Her current repositioning represents an important part of determining how she can communicate her evolving approach in a way that reflects who she is today.

The values that guide Jessica professionally and personally include empathy, compassion, freedom, communication, resilience, and respect. She believes these principles are inseparable from the way she works with clients and the way she approaches her own life.

Empathy and compassion allow her to meet women where they are without judgment. Communication helps create clarity and understanding, while resilience enables both Jessica and her clients to continue moving forward through difficult periods. Freedom is particularly important to her, representing not only independence but also the ability to make choices aligned with one's authentic identity.

Ultimately, Jessica Klemme is building her work around a deeply personal mission: helping women recognize that their past does not have to dictate their future. Through coaching, education, lived experience, and an increasingly empowerment-focused message, she continues working toward a broader vision of helping women reclaim their voices, rebuild their confidence, and create lives defined by freedom, self-trust, and possibility.

Learn More about Jessica Klemme:

Through her Influential Women profile, <https://influentialwomen.com/connect/Jessica-Klemme> or through her website, <https://jessicaklemme.com/>

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