



Jess Sargus, JD, MPM

High-Performance Keynote Speaker |
Certified Mental Performance Coach | Undeclared
MMA Fighter | Author of *Fierce Agency™* (2026)

Jess Sargus has blazed a trail like no other. An Ivy League-trained attorney with over 22 years in the courtroom, boardroom, & cage, Jess has led national trial teams, negotiated 9-figure settlements, scaled a global unicorn startup, closed deals with A-List actors & the biggest social media content creators in the world, & trained alongside professional fighters.

Every arena taught her the same truth: success becomes inevitable when you learn, practice, & master an elite athlete's mindset. Her *Fierce Agency™* framework blends neuroscience, sports psychology, & real-world strategy to give leaders, lawyers, & high-stakes performers the mindset tools elite athletes use for extraordinary success under pressure—without burning out. Audiences leave inspired, energized, & equipped with practical strategies they can use immediately.

Signature Keynotes



Fierce Agency™ - Green Light High-Performance With Bold Self-Leadership

You don't need anyone's permission but your own to become the author of your extraordinary life. All you need is to activate your *Fierce Agency™* through the 5 Pillars of the elite athlete mindset.

In this science-backed, energy-infused keynote, Jess teaches professionals how to stop overthinking and start executing—with boldness, alignment, and agency. Drawing on professional fighter training, performance psychology, and neuroscience, Jess shares the systems and rituals that turn high-potential into consistent and sustainable high-performance.

Ideal for: Early to mid-stage startups, law firms, professional services companies, legal conferences, executive leadership trainings, high-achiever retreats



Game Changers - Create a Winning Employee-Led Culture

Top-down leadership is outdated, and science shows it doesn't result in the highest performance. Instead, today's best organizations empower everyone to lead, take ownership, and win together.

This keynote is for firms and companies ready to move from performance potential to performance power. Jess shares how to build a high-trust, high-impact culture fueled by purpose, grit, and mission, where the teams consistently outperform the plan. From the courtroom to the cage, she's seen that when teams lead from within, they don't just survive the pressure—they thrive.

Ideal for: All-hands summits, executive retreats, corporate teams, leadership retreats



The Focus Formula - Working With Your Brain, Not Against It

High-achieving professionals are expected to be sharp, decisive, and always on their A-game, yet the reality is constant distractions, overwhelming workloads, & decision fatigue. It's harder than ever to stay mentally locked in. Your to-do list grows, your motivation fades, & by the end of the day, your brain is drained and buffering.

The good news? By using simple neuroscience to optimize focus, filter distractions, & sustain motivation, you don't just keep up—you thrive and outperform. The key isn't working harder & longer—it's learning how to work with your brain, not against it. This talk rewires your team's relationship with time, energy & output—for good.

Ideal for: Law firms, Executive retreats, corporate teams, Early to mid-stage startups



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Undefeated MMA Fighter | Author of Fierce Agency™ (2026)



Audience Takeaways

- Proven mental performance strategies to excel under pressure
- An immediately actionable & practical framework for resilience & sustainable success
- Tools to shift from burnout to bold self-leadership
- Inspiration to lead with clarity, courage, & purpose
- Renewed team dedication & collegiality in a mission-aligned culture

What Audiences Are Saying

“Jess Sargus, you light up any room.... Thank you for sharing your powerful gifts with us.”

“Gold. We get so caught up in the week/month/quarter and overstretched. If we can re-shift to today, and succeed today, it will build out the week/month/quarter.”

“Jess’s energy is contagious, her analogies and insights were funny but they hit home, and the tools she gave us are simple enough to start using right now.”



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Ready to Green Light Your Next Event?



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