

## The Legal Athlete



Jess Sargus

Jess Sargus has blazed a trail unlike any other. A self-leadership and high-performance evangelist, she's a powerhouse keynote speaker, workshop leader, and executive coach who helps professionals achieve both freedom and extraordinary results through bold, strategic action. She is the author of the forthcoming book *Fierce Agency*<sup>™</sup> (Summer 2026) and the founder of The Legal Athlete, a company dedicated to helping leaders, lawyers, and high achievers in any arena close the gap between their potential and their performance. Known for her dynamic, transformative talks grounded in mental performance mastery, sports psychology, neuroscience, and lived professional and personal experience, Jess teaches high-achievers to think, execute, and win like elite athletes—especially under pressure.

Jess brings over 22 years of legal and business experience across major law firms, high-growth startups, and global companies—including leadership roles at Marvel Studios, Disney, and unicorn startup Jellysmack, where she helped scale worldwide business affairs operations across 8 time zones. Valedictorian of her high school, *magna cum laude* double-major graduate of Williams College, and a University of Pennsylvania Law School graduate, Jess Sargus is the first and only Ivy League-trained attorney to earn an undefeated record as a mixed martial arts (MMA) fighter—man or woman. She also has obtained certification as a Mental Performance Mastery Coach to add to her experience as a business and legal executive, and coach for professional fighters. Through a blend of science and lived experience, Jess empowers high-achievers, teams and leaders to lead themselves—and others—with resilience, focus, and *Fierce Agency*<sup>™</sup>.