

Jiggy Yoon

**Helping the Youth Prioritize their Health
while Performing at the Highest Level**

YOUTH MOTIVATIONAL SPEAKER

MEET *Jiggy*

Na Eun “Jiggy” Yoon is a youth motivational speaker teaching college students how to excel in their craft AND prioritize their mental health, so they can optimize their performance and continue building their legacy — during and after college.

Jiggy is also a performance coach helping young professionals and competitive athletes build strategies to obtain sustainable, successful careers.

Additionally, Jiggy is the founder of Vulnerability Is Dope, an apparel collection with a meaningful message.

Jiggy believes in the power of BOTH: Both self-discipline AND self-compassion. Beast mode AND human.
Hustle AND healing.



Speaking Topics

- Grieving and Healing in College
- Self-Compassion for High Performance and Burnout Prevention
- Self-Compassion with Type 1 Diabetes

Previous Clients Include



PennState



UCIRVINE
UNIVERSITY of CALIFORNIA • IRVINE

Beyond Type 1
The
MIGHTY



WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON



TEXAS A&M
UNIVERSITY



greenhouse

Certifications

- Eric Thomas GameChangers Certified
- Mental Health First Aid Certified

Expected Outcomes FOR PARTICIPANTS

- Feeling seen and supported, less alone
- Impactful, applicable, practical mindset and tools to implement
- Inspiration and encouragement to practice authenticity, vulnerability, and resilience
- Motivation and worthiness to seek greatness in life



"Best session of the whole weekend for me! So incredibly well explained and very applicable to my life. Such an engaging presentation and impactful."

"I loved this presentation! Thank you for sharing about resilience and the importance of self-compassion. I loved the steps on how to practice getting in touch with our emotions and what they're trying to tell us."

"What makes Jiggy such a powerful speaker/life coach is her personal journey and her willingness to reveal her shortcomings/failures. Jiggy has endured many personal tragedies and risen above them. Her fierce love for family, friends and God and her passion to help young people embrace their vulnerability are inspiring."

"I've had the honor of hosting Jiggy as a speaker for a diabetes-based event this summer. As someone with diabetes, her talk really reached out to those who related to it - but more than that, she was also able to relate it to all of the non-diabetics in the room as well. To be able to connect with and engage every single person in the audience, regardless of the type of event it is, is an incredibly special gift and Jiggy has it!"

WITHIN Academy

I created the WITHIN Academy Group Coaching Membership to help you, the student struggling with balancing hustle and healing, to find the knowledge, resources, and community you need to perform at the highest level in both your academia and your personal life.



*"Where hustle
meets healing."*

Through the **WITHIN ACADEMY** Group Coaching Membership we'll be exploring topics such as...

- Goal Setting & Weekly Action Planning
- School-Life Balance
- Stress Management
- Peer Relationships
- Self-care Guidance
- Mindset Coaching
- Relationships and Communication
- Leadership Development
- Professional Preparation
- Community; a global network of support, friendship, and service

Contact **JIGGY**

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📺 Jiggy Yoon