Jessica Cox believes in a future where people passionately pursue their dreams with the resilience to overcome any challenge. Described as a speaker “no one will ever forget,” Jessica teaches how to tackle new challenges with commitment and resilience.

Born without arms, Jessica is fascinated by the way assumptions and perceived barriers prevent people from achieving their dreams. She has utilized dormant physical traits to adapt and use her feet the way most people use their hands. As she learned to conquer physical barriers, she developed mental skills that allowed her to go on to achieve the seemingly impossible in her unique way.

Best known for becoming the first armless pilot in aviation history, Jessica’s achievement earned her a Guinness World Record medal and has been a trending topic on Facebook and featured on TV programs like Ellen, Inside Edition, Fox and Friends, Oprah Winfrey Network, CNN, CBS Evening News, and the BBC.

Jessica’s other accomplishments include becoming:
- The first armless black belt and a state champion in ATA Martial Arts
- A certified scuba diver
- A sought after YouTube and social media influencer
- One of Plane and Pilot Magazine’s "Top 10 Pilots"

The author of the self-help/autobiographical book Disarm Your Limits, Jessica's unconventional views on how to achieve impossible feats have earned her speaking invitations from companies around the world. Jessica is also the subject of the award-winning documentary Right Footed
that aired on National Geographic in more than 80 countries. Jessica enjoys taking on new challenges, the latest of which are slacklining and rock climbing, and also gives back to the global disability community as the Goodwill Ambassador for the Nobel Prize winning NGO Humanity and Inclusion. As a personal passion, she is a mentor to children with limb differences and their parents.