



Jessica Dowches-Wheeler, PCC Leadership Coach & Consultant

Experience Summary

Jessica Dowches-Wheeler is a leadership and team coach with 15 years of experience in leadership development, team facilitation, group coaching, and training. As a former leader in a male-dominated field, Jessica became a coach to help women advocate for themselves and increase their influence, income, and impact. Jessica blends her background in continuous improvement with her coaching acumen to help individuals and organizations optimize performance, align to mission and values, and achieve strategic goals and objectives. She has held leadership roles and consulted in a variety of industries, including Federal and local government, private sector, and non-profit organizations.

Coaching Approach & Style

Jessica's Coaching Philosophy is rooted in three principles that help her clients reach their fullest potential: Coaching Mindset, Powerful Questions, and Strategic Advice. Jessica helps her clients develop their Coaching Mindset to remain curious, make time for introspection, appreciate new perspectives, and commit to actions that move them forward. Jessica uses Powerful Questions to help clients strengthen their self-awareness, uncover limiting beliefs and self-sabotaging behaviors, and gain clarity and direction. Finally, she applies Strategic Advice in the form of tools and resources to meet clients where they are – based on their core values, strengths, passions, and goals. Jessica's areas of expertise include: navigating impostor syndrome, setting healthy boundaries, career clarity/life purpose, gender equity, and personal empowerment.

Relevant Experience

Jessica is the Founder & CEO of Bright Space Coaching, a premier coaching and training organization that helps professional women increase their influence, income, and impact with her signature Firepower Framework. She is a prolific writer and has been featured in Ms. Magazine and Thrive Global, as well as a sought-after speaker for Amazon, Sigma Sigma Sigma Sorority, and the INFORMS Business Analytics Conference. Jessica has worked across a variety of organizations to provide individual and team coaching, facilitate leadership retreats, and deliver bespoke workshops and trainings. Her clients include: Food & Drug Administration (FDA), Public Broadcasting Service (PBS), American Society of Clinical Oncology (ASCO), Internal Revenue Service (IRS), Amazon, and University of Maryland Medical System.

Years of Relevant Experience
15
Education
<ul style="list-style-type: none"> • Master of Healthcare Administration (MHA), University of Scranton • Bachelor of Science, Biology, Wingate University
Certifications
<ul style="list-style-type: none"> • Professional Certified Coach (PCC), International Coaching Federation (ICF) • Certified Integrative Health Coach, Institute for Integrative Nutrition (IIN) • Certified Effective Facilitator, Leadership Strategies, Inc. • Lean Six Sigma Black Belt (LSSBB), Aveta Institute
Tools
<ul style="list-style-type: none"> • Myers-Briggs Type Indicator (MBTI) • Gallup CliftonStrengths Assessment • StandOut Assessment • Kolbe A Index • DiSC Assessment • Interview-Based 360 Assessment • Emotional Guidance Scale