



JESSICA MINHAS

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JESSICA MINHAS, HUMAN RIGHTS ACTIVIST, CEO & FOUNDER, I'LL GO FIRST

Jessica Minhas has established herself as a social justice and media expert who makes complex human rights issues relevant, understandable and actionable for audiences of all ages.

For well over 12 years, Jessica has worked in the media and anti-trafficking space both abroad and domestically helping to craft economic empowerment programs and investigations on behalf of sex trafficking victims. She is a Global Shaper for the World Economic Forum, an United Nations Global Accelerator and was recently honored as a New York New Abolitionist.

In addition to her humanitarian and activism work, Jessica is nationally recognized speaker and lectures regularly at high schools, universities, conferences and non-profits. Some of her speaking platforms have included Harvard University, Columbia University, TEDx, Social Media Week and New York Fashion

A portrait of Jessica Minhas, a woman with long, dark, wavy hair, wearing a dark blue button-down shirt. She is standing with her arms crossed, looking directly at the camera with a slight smile. The background is a plain, light grey color.

“I WAS CHANGED. I
KNEW THE DEPTHS
OF THAT KIND
OF SUFFERING;
SUFFOCATING IN
SILENCE. I HAD TO
DO SOMETHING.”

Week. She is an on-air expert for media outlets including Huffington Post Live, ARISE TV & Saudi News. She is also a frequent contributor for Conscious Magazine and MTV Act.

This pursuit is borne from passion– Jessica herself is a survivor of childhood abandonment and abuse. As painful and difficult as her upbringing has been, she was moved deeply by the young girls she met on her initial journey to India while searching for her biological family. Their stories of tragedy, senseless abuse, rape, incest, forced prostitution, lack of education and most of all, a lack of a voice of their own, gave Jessica the courage to not only share her own story, but to help other survivors embrace and rise above their stories as well.

Everything Jessica does is colored by a commitment to shed light on issues that are normally silenced in shame and offer hope to those without it. She challenges audiences to think globally, empowers them to find their purpose and cultivate their unique voices for the common good.

TO WORK WITH JESSICA FOR YOUR NEXT
EVENT, PLEASE CONTACT:

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FEATURED KEYNOTES



[* CLICK HERE TO VIEW JESSICA'S TED TALK.](#)

SELECT PAST SPEAKING ENGAGEMENTS



1) LIVE ON PURPOSE: Sharing her inspirational personal story of overcoming tragedy and adversity from an early age, Jessica shares how her own path filled with neglect, abandonment and abuse led her from despair to hope, and ultimately crafted her greater purpose as a voice for the voiceless. In this talk Jessica helps audiences understand their story and how to use their experiences and passions to live on purpose.

2) I'LL GO FIRST: The road to healing and overcoming abuse and trauma is one that we must walk every day. In this talk, Jessica champions her audience towards trauma recovery and mental health wellness by equipping audiences with key tools to gain deeper levels of peace and healing. She reminds audiences that life is more about legacy, than pedigree.

3) TRAFFICKING 101: Jessica shares her firsthand experience in the anti-trafficking field working with survivor advocacy and empowerment programs domestically and abroad. She also shares the challenges of starting an organization from the ground up, investigating trafficking domestically, what the road to recovery and empowerment looks like for survivors of commercial sexual exploitation. Jessica offers key insights for audiences on what they can do, right now, to help the 27 million enslaved worldwide in their communities.

[With a background in journalism and as a film actress and TV host, Jessica is also available to conduct workshops, or serve as a panel moderator, interviewer or event emcee.](#)



THANK YOU

“JESSICA MINHAS IS HONEST, CLEAR AND IMPACTFUL WHEN SHE SPEAKS. AS TIM ELMORE WOULD SAY, STUDENTS DON’T NEED A “SAGE FROM THE STAGE” THIS GENERATION NEEDS AN INVITATION TO PARTICIPATE IN CHANGE. JESSICA DOES JUST THAT.”

- JONATHAN WALTON, EXECUTIVE DIRECTOR,
NEW YORK CITY URBAN PROJECT,
FOUNDER, LOGOFF MOVEMENT

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