

# Jessica Cox

## Motivational Speaker, "Possible Thinking" Business Consultant, Guinness World Record Holder

Please contact a GDA agent for information.

### Topics

- Diversity & Inclusion
- Inspiration & Achievement
- Motivation
- Navigating Change & Uncertainty
- Overcoming Adversity

### About Jessica Cox

Born in 1983 in Sierra Vista, Arizona, Jessica has learned to live her life with her feet. There were many questions at the time about whether Jessica would be able to live a "normal" life. However, Jessica's father has said he never shed a tear about her birth condition. He had full confidence in her potential. With the support of her parents and family, Jessica became confident in herself as an adult and continued to explore the world with her feet.

At the age of 14, Jessica earned her first black belt in the International Taekwondo Federation. After graduating from high school, Jessica attended the University of Arizona, where she earned a bachelor's degree in psychology. When talking about her degree, she frequently explains that psychology credits the way people think with having a greater impact on their lives than a physical limitation. During college, Jessica joined an ATA Martial Arts club and became the first armless person to earn a black belt in the ATA.

Jessica's most famous accomplishment was learning how to fly. It took three states, four airplanes, three flight instructors, and three years to find the right aircraft: a 1946 415C Ercoupe Airplane. In 2008 Jessica earned her Light Sport Pilot Certificate. She received the Guinness World Record for being the first person certified to fly an airplane with only their feet in 2011.

In May 2012, Jessica married in the beautiful city of South Pasadena, CA. In the fall of that same year, Jessica became a Goodwill Ambassador for Humanity & Inclusion, a Nobel Peace Prize winning NGO, and advocated for disability rights in Ethiopia, the Philippines, Nepal, and the US Senate.

Flying continues to be a passion for Jessica as she attends many of the largest aviation events in the world. Along the way, she has been recognized for numerous awards, including Woman of the Year from the Tucson Hispanic Chamber, an honorary doctorate from Universidad Santander in 2023, and a distinguished speaker award from Egypt's President at the World Youth Forum in 2019.

In 2019, a generous fan donated a 1946 415C Ercoupe with tail number N26R ("two-six-romeo") for Jessica's use. With an 85 horsepower engine, two seats for a pilot and a copilot/passenger, a cruising speed of around 90 miles per hour, and a flying time of a little over three hours, N26R is a fair-weather airplane designed primarily for local daytime flights. Because of the performance limitations, Jessica plans to build The Impossible Airplane, a 200 mph four-seat RV-10 airplane with custom controls for Jessica to use.

### Select Keynotes

- **Achieve the Impossible**

Adaptability is the key to survival. As industries face constant flux, the ability to adapt hinges on embracing a mindset shift. By fostering a culture of openness to change, resilience, and innovation, businesses can effectively navigate uncertainty and seize new opportunities with confidence.

In this keynote, Jessica ignites a spirit of innovation and underscores the transformative potential inherent in setbacks—they serve as pivotal moments for resilience to flourish. This paradigm doesn't only endorse resilience, creativity, and adaptability but actively cultivates them, laying a sturdy foundation for navigating the ever-changing landscape.

### KEY TAKEAWAYS:

- ◊ **Recognize adaptability as a cornerstone of success and develop the mindset needed to thrive in dynamic environments**



- ◊ Capitalize on emerging opportunities and leverage setbacks as catalysts for innovation
- ◊ Develop a sturdy foundation for navigating change with resilience, creativity, and adaptability
- ◊ Explore strategies for embracing change with confidence and agility
- ◊ Gain practical insights into how to effectively navigate complexities and challenges while maintaining focus on organizational objectives

**IDEAL AUDIENCE:**

- ◊ Entrepreneurs
- ◊ Emerging Leaders
- ◊ Employee Resource Groups
- ◊ Students

- **Think Outside the Shoe**

Organizations must adopt a problem-solving mindset as a driving force for change, recognizing challenges not as obstacles but as opportunities for growth. When teams build a culture that encourages proactive problem-solving, businesses can effectively navigate complexities, adapt swiftly to evolving landscapes, and thrive in dynamic environments.

In this keynote, Jessica sheds light on the power of unconventional thinking by urging audiences to embrace innovative solutions. By thinking outside the shoe, teams can reframe their perspectives to approach problems with curiosity, ingenuity, and boundless creativity.

**KEY TAKEAWAYS:**

- ◊ Understand the importance of a problem-solving mindset as a key to overcoming challenges
- ◊ Learn to reframe challenges as opportunities for growth and development, seeing obstacles as catalysts for innovation
- ◊ Discover techniques for embracing unconventional thinking and fostering a culture of creativity within teams and organizations
- ◊ Explore real-world examples of unconventional thinking to drive innovation and achieve breakthrough results
- ◊ Develop skills and tools for cultivating a culture of innovation, encouraging experimentation, risk-taking, and creative problem-solving

**IDEAL AUDIENCE:**

- ◊ Marketing Professionals
- ◊ Designers
- ◊ Tech Professionals
- ◊ Product Innovators

- **Aviate, Navigate, Communicate**

Navigating change involves prioritizing three actions: aviating, navigating, and communicating. “Aviating” involves maintaining a steady course amidst turbulence, similar to a pilot ensuring the stability and control of an aircraft during flight. “Navigating” entails charting a clear path forward by assessing the current landscape, identifying potential obstacles, and plotting the most efficient route to reach desired destinations. Finally, “communicating” is essential to ensure alignment, foster collaboration, and maintain morale throughout the change process.

Drawing from her own experiences, Jessica shows how setbacks can be reframed as opportunities for growth. By accepting failure as a natural part of the journey, teams can cultivate a culture of resilience that allows them to bounce back stronger than ever before.

**KEY TAKEAWAYS:**

- ◊ Learn strategies for navigating change, including proactive planning, strategic decision-making, and adapting to evolving circumstances
- ◊ Explore techniques for maintaining stability and control amidst turbulence
- ◊ Develop skills for charting a path forward, assessing the landscape, identifying obstacles, and creating adaptable plans
- ◊ Understand the importance of continuous evaluation and adjustment in navigating change
- ◊ Discover strategies for fostering resilience and agility to embrace change, overcome challenges, and seize

opportunities for growth

IDEAL AUDIENCE:

- ◊ Executives and Fortune 500 leaders
- ◊ Entrepreneurs
- ◊ Salespeople

Select Book Titles

- 2015: Disarm Your Limits

Select Articles

- [Jessica Cox Partners With Van's on RV-10 That Can Be Controlled By Feet](#)

Jessica Cox, a pilot born without arms, will partner with Van's Aircraft to design an airplane that can be operated using only your feet, it was announced last week. "We are going to design a custom, retrofitted RV-10 to be flown with feet," Cox said. Greg Hughes, Van's vice president and COO, says his company is up for the challenge.

- ["There Were A Lot Of Doubters" Woman Proves Everyone Wrong After Getting Her Pilot License](#)

Achieving your goals and taking over the world would be quite easy. If only it wasn't raining today and this sofa wasn't so comfy, and that one teacher ten years ago hadn't told you that you would never do anything good with your life. Sounds depressing, right? Luckily, there are hundreds of inspiring people all over the world whose stories show us that nothing is impossible – all you have to do is dream big and be brave. Just like courageous Jessica Cox, who wouldn't let her disability stop her from soaring the skies as a licensed pilot.

- [Flying Feet First](#)

FAA Podcast: Meet Jessica Cox, a sport pilot who was born without arms and mastered the skill of flying an airplane with her feet. What led her to this Guinness World Record-worthy feat was an opportunity to meet life's challenges and a hunger for independence. She shares details of the day she embarked on a path that would inspire others to venture into aviation.

- [Armless Pilot Celebrates ADA Anniversary in Flight](#)

It's been nearly 30 years since the passage of the Americans with Disabilities Act (ADA), and retired Sen. Tom Harkin (D-Iowa) celebrated his landmark bill with "the most fun" event in his weekend of celebrations. He flew with Jessica Cox, the first certificated pilot without arms, in her Ercoupe at AOPA headquarters in Frederick, Maryland.

- [Jessica Cox: Can't is not in her vocabulary](#)

The two things that stand out about Jessica Cox, well aside from the fact that she was born with no arms, is a strong sense of humour and her determination. The humour shines through in her t-shirt which says "Look Ma, no hands."

- [10 Best Pilots](#)

If you want to feel like an underachiever, all you have to do is Google "Jessica Cox." Born without arms, the wildly personable 30 year old has learned to use her bare feet as most people use their hands.

- [Jessica Cox Was Born Without Arms, And She's Living A Life Without Limits](#)

As children, we're told that we can do anything we put our minds to. "No dream is too big or too small," people say. Even goals that seem well beyond reach are encouraged. "I want to be president!" "I want to fly!" "I want to be an astronaut!" But what do you tell a child born without any arms, who dreams of living a "normal" life? One where she can drive a car, fly an airplane, or do something as simple as tying a shoelace without assistance? As Jessica Cox proves, no dream is really too big or too small.