

Jessica Ringgenberg  
Founder, ELIXR Coaching & Consulting



Jess Ringgenberg is the founder and CEO of ELIXR Coaching & Consulting. She is a mother of two and an advocate for transformative workplace change, empowering women and working mothers. She made the decision to leave her career as a biotech woman leader in a Fortune 500 to focus on closing systematic gaps in the workplace for women and mothers.

Jess is an ICF Certified, ACC organizational coach. She is also an expert in matrescence, which is the existential journey of motherhood. Jess facilitates workshops on "empowerment" and "motherhood at work," offers 1:1 coaching, and provides group coaching to support women and moms in the workplace. These engagements are specifically designed to empower and support women at all career levels.

**LinkedIn:** <https://www.linkedin.com/in/jessringgenberg/>

**Coaching Credentials:**

10+ years of training, leading, and coaching in the biotech industry  
ICF (International Coaching Federation) Advanced Certified Coach  
ICF member

**Areas of Expertise:**

Agility and Innovation  
Career Exploration  
Confidence  
Diversity, Equity, Inclusion, and Belonging  
Effective Networking  
Finding Personal Fulfillment, Joy, and Purpose in Your Work and Life  
Identity Change  
Leadership Effectiveness  
Matrescence Expert (Becoming and Being a Mother)  
Navigating Personal Identity in Your Career  
Navigation of Workplace Relationships  
Redefining Success  
Self-Discovery  
Team Building & Optimization  
Work/Life Balance  
Working Mothers Expertise