**JR KUO BIO**

JR Kuo is a firm believer that everyone holds an infinite amount of space within, calling us to express our truest selves. Everyone matters! He wants to invite everyone to experience the wonder of what it means to be at ease and free to create the life you crave.

JR Kuo is a national speaker, trainer, and coach. He is the founder of CoffeeWithJR (coffeewithjr.com), a company that specializes in providing culturally competent mental health and diversity/inclusion trainings. JR has over 10 years of experience in professional speaking. He has trained college students and professionals on mental health at over 45 universities and dozens of organizations across the country. JR is also an instructor for Mental Health First Aid. As a diversity/inclusion trainer, JR has facilitated numerous DEI workshops for Fortune 500 companies, as well as locally for companies in Denver, Colorado. He also teaches at the University of Colorado at Boulder and Denver on leadership, cultural competency, and mental health. In addition to being a professional speaker, JR has 10 years of experience managing and running nonprofit organizations and small businesses.

As an immigrant who has struggled with the immigration system, JR is passionate about advocating for immigration reform and supporting immigrants in the United States. JR’s mental health journey as an immigrant is featured in a short documentary called “***Coffee Talking Out of Mental Coffins****,*” and in the Harvard Kennedy School’s Asian American Policy Review.

To learn more about JR Kuo’s life story and achievements, please visit [www.coffeewithjr.com/meet-jr](http://www.coffeewithjr.com/meet-jr)