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2020 Class of 40 Under 40: Jessica Cummings of Brooks Rehabilitation 🔑

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Jessica Cummings
JESSICA CUMMINGS



By [James Cannon](#) – Managing Editor, Jacksonville Business Journal
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The First Coast of tomorrow will be shaped by the young business leaders of today. So what do they want that future to look like? This year, as we celebrate the young executives selected as the 2020 class of 40 Under 40 honorees, we asked them what would improve the First Coast, what brought them success and advice for the next generation. Also, we asked each of the honorees how they are occupying their time, as the majority were working-from-home during the Covid-19 pandemic. In this special section, join with the honorees in celebrating the area's potential – and how its leaders should act to achieve it.

Jessica Cummings

Executive Director, Brooks Rehabilitation

How (if at all) would you like to see the First Coast change? One of the reasons our city is so unique is all of our natural waterways and green spaces. I would like to see us more concerned about these natural bodies of water and what we must do to keep our ecosystem healthy. We need to be invested in public transit to limit the number of vehicles polluting the air and creating dangerous run-off. We also need to hold businesses to high standards in order to build and maintain green buildings. As a city, we need to care for and foster our park

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systems for safe places for our children to play with accessible equipment for all and safe build environment. These changes would make a dramatic impact on the First Coast.

What has brought you to where you are today, as a leader and as a person? It certainly is apropos to say that my family has brought me to where I am today. As a first generation college graduate (Swoop!), my parents instilled in me the importance of hard work and dedication. However, I have learned the most from my bonus son, my nephews and my niece.

What advice do you have for the next generation of Business leaders?

Challenge the current thought process and ask questions; just because we have always done-it-this-way, doesn't mean the system shouldn't change. Be curious and brave enough to challenge leadership to consider alternate points of view. Take time to listen to our elders. We can learn so much about our rich history by listening before they are gone. Love one another and have civil discourse. Take time to learn from other cultures. Understand that we are all our brothers' and sisters' keeper, each with unique abilities. Above all, be kind. At the end of the day, we are all humans who deserve to be respected and loved.

What are you doing to keep yourself sane during the Covid-19 pandemic/social distancing measures? With the newly found down-time, I have found a "new technology." It's called Netflix and it has some great shows to watch. Ha! Additionally, I've learned to love running again (especially the downtown bridge loop).

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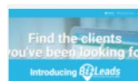


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