

THE PULL OF GRACE

Compassionate, informed, and powerful, Jennie is a speaker and thought leader who believes the conversations that challenge us are the key to our individual and collective healing. After her abusive marriage was scrutinized by the White House and her credibility was questioned by the President of the United States on national television, Jennie gracefully walked the media gauntlet and became a symbol of forgiveness and compassion. She has a gift for expressing strong opinions with special interest to politics, justice, and redemption while still **demonstrating respect for the full and dynamic nature of the human experience.**

Exposing the darkest parts of our journey and accepting the places within ourselves we struggle to acknowledge are the first steps toward relinquishing the hold these past narratives have on our life. **Jennie promotes resilience** by offering a new dialogue people can use with themselves and others to foster empathy and connection. Using her degrees in Bio-Chemistry & Brain-Based Teaching as well as her authority from 13 years leading a classroom, Jennie skillfully encourages and supports people **in dealing with experiences of abuse, anger, anxiety, stress, and trauma.**

Speaking Themes
Importance of Humanization
Domestic Violence
Cancel Culture
Mindfulness
Resilience

As see on:



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Keynote Descriptions & Customization:

Cancel Culture: Forgiveness & Redemption:

Jennie's willingness to allow for redemption in all circumstances is both courageous and contagious. She tackles the topics of earned redemption and life after #metoo and cancel culture in a way that will have you rethinking your own desires to be forgiven and offers to forgive. We all crave a redemption story. We want to see people take ownership of their inadequacies and sins because we want to believe we, too, can be redeemed for our own. But true redemption is not a given. It is earned.

Humanization: The Opposite of Hate:

Viewing those with whom we disagree as 'evil' is used to justify hatred and violence where it was previously unthinkable. But recognizing the inherent dignity and humanness even in our enemies allows us to create connection where there once was derision. Jennie discusses the dangers of labeling anyone as the "other" and offers tools to recognizing the humanity in others regardless of how their choices or behavior affect us.

Resilience:

Being resilient is the process of adapting well in the face of adversity and being able to "bounce back" from even the toughest circumstances. Culled from her own life experience including overcoming abuse and trauma, based in her 15 years as a mindfulness practitioner, and using the most recent cutting-edge neuroscience, Jennie helps you to recognize the difference between "pushing forward" or "moving on" and truly recovering.

Domestic Violence:

In an intimate discussion of domestic violence and recovery, Jennie recounts her experiences during the very public unveiling of the emotional and physical abuse she suffered during her marriage as well as discusses her pathway to healing. Her remarks take place with respect to the greater implications of abuse by those in positions of power and the added barriers this creates to coming forward and seeking help.


Mindfulness:

FINDING PEACE:

Culling from the most recent neuroscience, Jennie speaks on the neurological benefits of mindfulness and meditation and how changing the habit patterns of your brain enables you to better experience gratitude, joy, and abundance. Participants will walk away with simple techniques harnessing the power of mindfulness to immediately reduce stress, lower anxiety, curb anger, and live a life of more peace.

POWER OF WORDS:

Positively change your life by actively changing your words. Right down to our cellular level, we are what we think and say. Becoming aware of the words we think and say about ourselves is the first step to total life transformation. Once we begin to adjust to more positive and affirming language - in even our most trivial thoughts - our bodies begin to align accordingly. Jennie walks you through examples of how you can dramatically alter your life by rewiring your brain through language.



"I believe in the power of adversity to transform us into stronger, more beautiful, more compassionate versions of ourselves."