



# Jenny Stapleton

CAREGIVER COACH, SPEAKER & CERTIFIED LIFE MASTERY CONSULTANT

Jenny is an inspiring speaker, passionate educator, and a highly sought after transformational coach. Now combining this background with the proven Brave Thinking® technology, Jenny is helping clients achieve extraordinary results in accelerated time, helping them transform their lives and close the gap between the life they were living and a life they absolutely LOVE living.

Jenny offers content-rich, interactive workshops that take participants on a journey in which they design, define, test, and experience a crystal-clear vision of the life they would love, and that is in alignment with their highest purpose. They will have a unique opportunity to step into the life they are imagining and feel a resounding 'Yes!'

Jenny is a bestselling author with three collaborative books under her belt, with a fourth on the way! What she is truly passionate about is igniting a sense of fun, freedom, and fulfillment in the lives of family caregivers. She believes in the power of living an empowered life, even amidst the demands of caregiving... for ALL caregivers!

## Breathe, Adapt and Thrive!



*Jenny's dynamic and tailored approach ensures that every audience walks away inspired, equipped, and ready to take action toward their goals.*

# A Speaking Experience

TAILORED SPECIFICALLY FOR YOUR AUDIENCE



Whether it's a power-packed Lunch & Learn, an energizing keynote, or a full-on, full-day workshop—Jenny brings the magic to every room she steps into. You're not just booking a speaker. **You're creating a transformational experience your audience will be talking about long after the event wraps.**

No two people are alike—and the same goes for organizations. Your audience has its own unique mix of wins, challenges, personalities, and goals. That's why Jenny doesn't do cookie-cutter. **She creates custom experiences** designed to meet your attendees exactly where they are and take them where they want to go.

**These interactive, high-energy sessions** are packed with hands-on exercises and “aha!” moments that give your audience real clarity on what they want, what's getting in the way, and how to actually start moving toward a life (and work) they love. They'll leave feeling inspired, fired up, and armed with tools they can put to use immediately.

Sessions can be tailored from a quick **30-minute spark to a full-day deep dive**, so contact her today to explore the possibilities for your next event.



*With Jenny's engaging and interactive style, every session—whether a keynote, workshop, or training—is a powerful catalyst for success and transformation.*

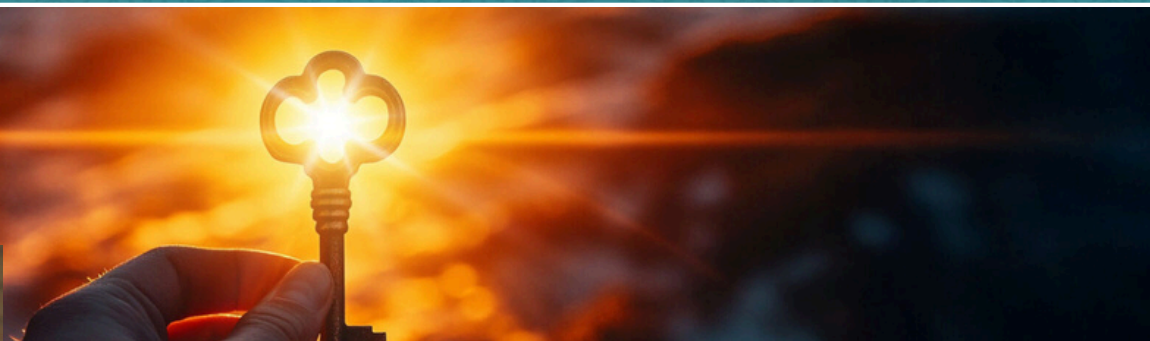




# The Vision Workshop



*With Jenny's engaging and interactive style, every session—whether a keynote, workshop, or training—is a powerful catalyst for success and transformation.*



*During this high energy training, you will have an opportunity to define, design, and experience your dream – and receive the blueprint for how to turn your greatest possibility into your reality.*

## You Will Learn:

- Two essential keys for tuning into your purpose.
- Simple thinking-strategies that will guard you from fear, doubt and worry.
- Two essential keys for tuning into your purpose.
- Simple thinking-strategies that will guard you from fear, doubt and worry.
- What wealthy people do that creates sustained success.
- The number one factor that causes people to lose steam when going after a dream, and how to stay motivated and override it.
- The one critical thing you must give up in order to reach your dream.
- And much more!

# Popular Speaking Topics



## Popular Keynotes and Talks:



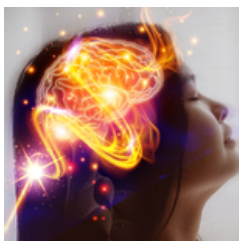
### **The Vision Workshop: Unlock Your Boldest Dreams & Start Living Them**

During this highly interactive experience, Jenny will share a proven process for defining and envisioning your dream life—and the plan to help you create it.



### **Breaking the Cycle of Self-Sabotage**

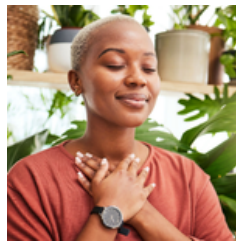
Spot hidden fears and self-defeating patterns, then transform them into conscious, empowering choices that move you forward.



### **Consciously Creating the Results You Desire**

Learn simple, practical tools to help you notice what you are noticing so you can intentionally align your thoughts and actions to transform any situation into positive results.

## Popular Topics for Caregivers:



### **Best Breathing Techniques for Clarity & Calm**

Harness the power of mindful breathing to release tension, sharpen awareness, and choose your response with confidence.



### **ABC's of Caregiving**

Discover foundational practices that restore energy, reduce stress, and support your well-being while caring for others.



### **Remembering and Being Remembered / The Heart Will Experience**

Gentle, meaningful guidance rooted in Willow End of Life® principles to help navigate life's tender transitions with clarity, peace, and love.

*The above topics are just a few of Jenny's most popular speaking topics. Jenny also collaborates with organizations to design customized presentations that inspire hope, build resilience, and create meaningful connection.*



# AV Requirements

*Jenny is deeply committed to your group and recognizes the time, money, and energy you've invested in your event. She'd like to offer suggestions to help ensure you get the best possible return with a top-quality presentation.*

## Mics & Tables

- Jenny prefers a behind the ear mic when possible. Please make sure that the AV department has a back-up microphone available at all times. Our suggestion would be to have someone from your group assigned to the microphone system should any adjustments be needed for volume, bass, feedback, etc.
- Jenny uses PowerPoint during her presentation. She will need a projector with remote control and a cable to connect to her computer, and it should be within range of the stage.
- Please have water available for Jenny
- Audio and/or video taping is available with PRIOR WRITTEN AUTHORIZATION. This includes any modification to the presentation. If the presentation is edited or cut in any way for public use, Jenny must approve it before release.
- Please have a table available for Jenny's products and someone available to assist her during the day of her presentation.

## Successful Meeting Tips

- Theater or classroom seating is preferable. We understand that when planning on or around a meal, this is not possible.
- If the event is in a hotel, for the benefit of your audience, and Jenny, please request from the hotel or auditorium management that the meeting room have no distracting noise from an adjoining room, such as a singing group, rock band, etc. during the time Jenny is presenting her keynote or seminar.
- It is difficult to build intimacy and rapport if your audience is distracted. Please instruct the banquet staff to clear up before or after the speaker's presentation.
- When a photographer is present, please ask them to refrain from taking photos the first 15 minutes of the program. This can be distracting to the speaker and audience.
- Please make sure the room is well lit especially the staging area. People remember more and laugh more in bright rooms. Jenny prefers to see the faces of the audience. This allows her to see how they are responding to her presentation.

