

SPEAKING TOPICS

ADVERSITY WELLNESS 2.1

Why & HOW the “flow” of Wellness is the Ultimate KEY to living your Purpose & true Personal + Career Success

Nearly every person has felt themselves struggle in creating and KEEPING Wellness in their lives. And all people have felt the influence in all aspects of our lives when we don't keep Wellness thriving on all cylinders. Jennifer truly believes that there is a “flow” state that people are not currently accessing for Wellness. Studies have shown that the average person spends 50 hours a month on trying to create “wellness” with no signs of it improving.

In this powerful keynote Jennifer teaches that the key to a thriving and sustainable Wellness isn't doing more of the “physical” components: it's in learning how to eliminate areas of wellness and patterns associated with staying stuck and ultimately live in your “flow” state of Wellness & Ultimately YOUR LIFE.



KAITLYN SULLIVAN

She will help you change your life. Jennifer Watson has a tremendous ability to help you shift your perspective and ultimately your life in the direction you want to see it go in. Her courses and coaching are exceptional.

JENNIFER WATSON

To Book Jennifer: 970-646-1654 | contact@jenniferwatsonleadership.com | www.jenniferwatsonleadership.com