

SPEAKING TOPICS

LEADERSHIP 2.0

The Truth Behind Ultimate Business Leadership
and Truly Living Your LEGACY...NOW



Jennifer Watson is confident that each of us can become true leaders of self and ultimate our of environment (aka: our team). And that doing so will give rise to living your LEGACY out now. But the KEY to doing this has been left out for awhile. We need to work on the right system and the right system is the GUT.

In this LIFE-ALTERING keynote presentation Jennifer teaches the science and the spiritual concepts surrounding true leadership with practical tools to make powerful & sustainable changes that will change the trajectory forever in their business and ultimately their lives.

Jennifer has changed my life. Forever. I came to Jennifer with a need for more, but I honestly didn't know what that meant when we first started working together. Jennifer kindly and gracefully showed me how to draw on my own strengths while also teaching me tools that built on one another to reach my goals. I see, now, why the work in week 1 was integral and necessary to reach week 2, to reach week 3, and so on. I am forever grateful for the soul-stretching exercises and weekly check-ins. I genuinely loved my check-in calls. One of my favorite parts of my week! I would highly encourage you to go for it with Jennifer! She is doing the work she is called to do, and I am so thankful that I found her. Jennifer, you changed me for the better. Thank you!



LAUREN SALZ

JENNIFER WATSON

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SPEAKING TOPICS

ADVERSITY WELLNESS 2.0

Why & HOW the “flow” state of Wellness is the Ultimate KEY to living your Purpose & Optimizing 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 of Wellness in all areas 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/month in trying to create “wellness” with no signs of improvement.

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.

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SPEAKING TOPICS

BEYOND HAPPINESS: How to Create Your Vitality Edge

Attainment of Peace & Joy with High-Performance



So many conscious business leaders understand and often tap into activities that create higher performance but realize they are still feeling the exhaustion, low energy and not living the life they truly want.

This presentation goes beyond feeling “happy” and expands on the true source of creating a consistent flow of energy, focus, and high performance AND consistent peace & joy in the path you were truly meant for. This powerful conversation dives into how you can create your VITALITY EDGE with 3 powerful tools for all areas of your life no matter your current circumstances. The ability to create consistent high-performance and amplify impact lives in our ability to re-wire our brain from a trauma-state to one radiating a powerful experience of PEACE.

Jennifer is dynamic, powerful and authentic. The audience will walk away immediately feeling inspired.

SUZY FAVOR HAMILTON

3x Olympian | New York Times Best selling author



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SPEAKING TOPICS

CREATING YOUR FABULOUS

Have you lost your "SPARKLE?"

Are you broken and wondering where to start and even if you can?

If you live long enough you've lived through some trials and maybe some pretty tough ones.

This seminar will look at Pain and Transformation, Daring to Risk Again, and Getting Uncomfortable... ALL to stretch and grow. And YES...create your Fabulous starting NOW!

What's your story? I'm intrigued!!

- The physical changes that happen with pain and the opportunity to make big shifts.
- Strategies to shift your brain and your body quickly into success.
- Tips and tools to MOVE, CHOOSE, BE Fabulous

*** Bonus track: FEAR...really letting go...



"You see Brokenness...I see mended." - Jennifer Watson

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SPEAKING TOPICS

RESISTING SUCCESS

The top 2 struggles many of my clients have are these:

" I feel sad... depressed...tired... unmotivated..." " I feel stressed with my current financial situation..."



Many times these 2 areas don't change because we are resisting Happiness and Financial success.

Really? Resisting what we desire the most? Why do we resist happiness? Why do we think Financial Success is Unattainable or actually even bad?

Our past story (and yes, often from childhood) dictates our beliefs which dictate our behaviors which dictate our outcomes. The beliefs we carry are often subconscious and until we break the belief we won't have the freedom to live the life we really want. Money and Happiness ARE AWESOME and yes, it's okay to say that and BELIEVE that!

- Gain strategies for shifting beliefs. Feel, Scramble, Move.
- Identify your relationship with money and how to shift it into one that's successful.
- The "Happy Pill". CHOOSING happiness. Doing ordinary things that will bring extraordinary happiness & financial success.

** Bonus Track: The power of FOOD in creating your happiness and your money.

Happiness is like a butterfly; the more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder..." Thoreau

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SPEAKING TOPICS

BE BOLD. BE SEEN.

How to be your AUTHENTIC self and why that makes a successful leader.

This seminar focuses on the LEADER in all of us. Whether you are a stay-at-home mom/dad or an entrepreneur (and actually moms/dads ARE entrepreneurs!) this seminar will help you lead powerfully in your unique arena. Many times FEAR "freeze frames" our mind and stops us from moving, doing anything at all... the mind is a busy instrument! But we can harness it to work in a powerful way and be the LEADER that is truly in all of us.

- The "BGNs" of being BOLD!...Strategies to setting healthy Boundaries, making Gut decisions, and Not looking back.
- The POWER of saying NO, more than saying YES
- Doing "the dance" with FEAR. How to unleash your POWER in the midst of your greatest stronghold

*** Bonus Track: Clear the Clutter and watch MAGIC happen



"I'm Fabulous. And you are Irrelevant."

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SPEAKING TOPICS

ATHLETES AND ENTREPRENEURS

The beauty of the athlete lives in the things you have learned along the way and the skills you have embedded into your being



You, the athlete, have amazing gifts that you have turned into art. It is these things that cross the athletic arena and create a fantastic force to be reckoned with in life after sport.

And yes, athletes make some of the greatest **ENTREPRENEURS!** Learning to hone these skills that can give you the edge...and yes, **SUCCESS...**will create the entrepreneurial dynasty you seek.

- Incorporating your "pre-game" activity to optimize a successful outcome
 - Implementing the 3 "A"s of Athletic Entrepreneurs...**ASSETS, ANGLES, AMBITION**
 - **CREATIVE + VISIONARY= YOU**
- Bonus Track: "Playing the Field"

"I have **NO PLAN B.**" -Will Smith

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SPEAKING TOPICS

YOU ARE A POWERFUL CREATOR

Tapping into your intuitive side AND working SMARTER, not harder.

For all you female entrepreneurs! I have such a passion for this ROCKIN group of people. And yet, I see us make mistakes that slow us down or create obstacles that don't have to be there. The female is an absolutely powerful creature! Honing in on our gifts and "tweaking" the things that don't come as easy can catapult your "baby" into more success than ever imagined! And not lose your hair doing it!

- Tools to...Bring IT, Own IT, Sell It...
 - Surrounding yourself with greatness...it may look different then you expected
- *** Bonus Track: "Time to put on your big girl PANTS...hanging with the BIG girls.



"50 miles is indicative of nothing" -Ultra Marathon Training Coach

"We all have our 100 mile race to run..." - Jennifer Watson


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SPEAKING TOPICS

TAPPING INTO INTUITIVE MANAGEMENT

Learning to tap into your intuitive side is **KEY** in managing your company through growth.



If you loved **YOU ARE A POWERFUL CREATOR**, you will love this seminar on tapping into your intuitive side! We will delve further into growing your business in extraordinary ways. Often we experience "growing pains" throughout entrepreneurship and it's during these times we need to make good management choices. Learning to tap into your intuitive side is **KEY** in managing your company through growth. Let's do it!!

- Choosing the **RIGHT** team for your **TEAM**
- Get out of your head to get in your head
- **HONING** your intuitive knowledge which = brilliance!

***** Bonus track: "Put your blinders on...and hold on for the ride..."**

Think Big. Start Small

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