

JESSICA JANZEN



SPEAKER BIO SHORT

Jessica Janzen is a motivational speaker, coach, entrepreneur, author, philanthropist, wife to 'Hot Ronnie', mother of three and go-getter. Born and raised on her family farm in Manitoba she now owns the title of city slicker and calls Calgary, Alberta home. Jessica is not only an advocate for mental health, rare diseases, and all things joy, but also a total live wire.

As the Co-Founder of The Love for Lewiston Foundation, Jessica has raised over \$3 million to support SMA research and medical care, and was pivotal in implementing Newborn Screening for Spinal Muscular Atrophy in Alberta. And continues to support the Alberta Children's Hospital. Her best-selling book, *Bring The Joy*, encourages readers to reconnect with themselves and find joy during the most difficult times.

Jessica's contributions have been recognized with several prestigious awards, including Calgary's Top 40 Under 40.

Behind all of her titles and awards, she is a helper who wants you to unlock a clear pathway from adversity to achievement that will help you accomplish any goal or dream.

Her mission is to help you shift your perspective, get curious and teach you how to bring the joy, to whatever you face.

Mental Health | Resilience
Motivation | Inspiration
Health | Wellness



403.998.7172



jess@jessicajanzen.ca



www.jessicajanzen.ca

JESSICA JANZEN



SPEAKER BIO LONG

Jessica Janzen is a sought after motivational speaker, coach, entrepreneur, author, philanthropist, wife to 'Hot Ronnie', mother of three and go-getter. Born and raised on her family farm in Manitoba she now owns the title of city slicker and calls Calgary, Alberta home. Jessica is not only an advocate for mental health, rare diseases, and all things joy, but also a total live wire.

Jessica will teach and empower your audience to navigate the challenges and roadblocks life is guaranteed to throw at you so you can become your most resilient, adaptable and solid self. She helps them move towards success, growth and joy. She is the Co-Founder of The Love for Lewiston Foundation, raising over \$3 million dollars. She proudly led the charge to the implementation of Newborn Screening for Spinal Muscular Atrophy (SMA) in Alberta. Her best-selling book, 'Bring The Joy,' has inspired thousands to reconnect with themselves and joy even in the hardest of times.

Jessica is the recipient of The Doc Seaman Individual Philanthropist Award 2021 Generosity of Spirit Award, 2022, the Dr. Katie Manders Courage to Inspire Award and Calgary's Top 40 under 40 in 2022. She is the Co-founder of The Love for Lewiston Foundation - impacting lives across Canada and supporting critical research and medical for families living SMA and The Alberta Children's Hospital Foundation. Her advocacy work led to the implementation of Newborn Screening for SMA - ensuring no baby gets undiagnosed. To date, the Foundation has raised over \$3 Million dollars. Her book 'Bring The Joy' has helped thousands of individuals reconnect to joy and is a bestseller. Jessica is an expert in resiliency, mental health, dreaming big and of course, all things joy.

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