

Guiding conscious leaders
from surviving and scattered
to **sovereign and whole**



Jennifer
ALLY

KEYNOTE SPEAKER • TRAINER • AWARD-WINNING AUTHOR

*Sovereignty is the ultimate strategy
for life, love and leadership.*

Clear Decisions • Intuition as Data • Commanding Presence • Healthy Relationships

SPEAKER MEDIA KIT

Speaker Bio

FOR EVENT PROGRAMS, WEBSITES & PROMOTION

Jennifer Ally Kern is a private advisor, keynote speaker, trainer, and national award-winning author of *The Drama-Free Way: Authentic Thriving in a Chaotic World*. She works as a trusted confidante, think partner, spiritual guide, and strategic ally to conscious entrepreneurs, founders, and leaders, helping them lighten the load of leadership as they move from surviving and scattered to sovereign and whole.

She holds a BBA in International Business and a Master of Science in Psychology. Drawing on neuroscience, 20+ years of transformational work, and experience in stand-up comedy, Jennifer makes big ideas practical, relatable, and fun! She has spoken for leading organizations, including Mayo Clinic, IBM, and Best Buy.

Having traveled to 30+ countries across six continents, Jennifer brings a truly global perspective to her work. She is fluent in English and Spanish, conversant in French and Dutch, and her Arabic is rapport-worthy. She is passionate about helping people expand their consciousness into greater wholeness, sovereignty, and self-authority, for more joy in life, love, and leadership.

EXTENDED BIO

Jennifer Ally Kern is a private advisor, keynote speaker, trainer, and national award-winning author. She works as a trusted confidante, think partner, spiritual guide, and strategic ally to conscious entrepreneurs, founders, and leaders in technology and health & wellness. She is a catalyst and force multiplier, helping them lighten the load of leadership as they move from surviving and scattered to sovereign and whole.

Drawing on neuroscience, 20+ years of transformational work, and experience in stand-up comedy, Jennifer makes big ideas practical, relatable, and fun! She has spoken for Mayo Clinic, IBM, Best Buy, WeightWatchers, American Lung Association, University of Minnesota, CreativeMornings, and American Business Women's Association. Her Mayo Clinic trainings were filmed in Rochester and broadcast across Mayo Clinic campuses, including Scottsdale and Jacksonville.

Jennifer founded Intrinsic SOULutions in 2009. She is the author of the national award-winning book *The Drama-Free Way: Authentic Thriving in a Chaotic World* and the creator of proprietary frameworks grounded in neuroscience and consciousness research, including the MindFLOW Framework™, Inner Alignment Model, Inner Alignment Spectrum™, and Lead in Alignment™ Program. She holds a Master of Science in Psychology and a BBA in International Business, is a Certified Professional Co-Active Coach (CPCC), and trained with Richard Bandler, co-founder of NLP, and Bob Proctor.

Having studied in Madrid and Paris and traveled to 30+ countries across six continents, Jennifer brings a truly global perspective to her work. She is fluent in English and Spanish, conversant in French and Dutch, and her Arabic is rapport-worthy.

Jennifer is passionate about helping people expand their consciousness into greater wholeness, sovereignty, and self-authority in life, love, and leadership. She lives in West Palm Beach, Florida. When not transforming lives, Jennifer enjoys stand-up comedy, global travel, cheering for the Minnesota Vikings, dancing, strength training, moonlit drum circles, long aimless urban walks, and lounging about doing absolutely nothing.

Speaker Introduction

TO BE READ BY THE HOST OR EMCEE

Jennifer Ally Kern is a private advisor, keynote speaker, trainer, and national award-winning author. She works with conscious entrepreneurs, founders, and leaders, helping them lighten the load of leadership as they move from surviving and scattered to sovereign and whole.

Drawing on neuroscience and 20+ years in the industry, Jennifer has created proprietary programs that help leaders cultivate inner alignment so they can trust their intuition, embody commanding presence, and build healthier relationships. She holds a BBA in International Business and a Master of Science in Psychology, and she has spoken for leading organizations, including Mayo Clinic, IBM, and Best Buy.

Originally from Minneapolis, Jennifer currently calls West Palm Beach, Florida home. A polyglot, she speaks Spanish, French, and Dutch. When she's not busy enjoying her work, she loves dancing, performing stand-up comedy, weightlifting, traveling, cheering for the Minnesota Vikings, and lounging about doing absolutely *nothing*.

Please join me in welcoming Jennifer Ally Kern!

At a Glance

SPOKEN FOR

Mayo Clinic
IBM
Best Buy · WeightWatchers
CreativeMornings
American Lung Association
University of Minnesota
American Business Women's Association

IDEAL FOR

Entrepreneurs & Founders
C-Suite & Executives
Leadership & Women's Conferences
Tech & AI
Health & Wellness
Healthcare
Mental Health Professionals & Coaches

FORMATS

Conference Keynotes
Breakout Sessions
Workshops
Corporate Training
Retreats
Immersive Experiences
Virtual or In Person

BILINGUAL

Engagements available in English and Spanish.

WITH EVERY ENGAGEMENT

A signed copy of *The Drama-Free Way* for the organizer
Discounted bulk book orders available for attendees
Optional pre-event planning call and follow-up Q&A call
Optional book signing after the session, time allowing
Digital attendee takeaway sheet, ready to share or print

AV & STAGE

- Lavalier or wireless handheld microphone
- Presentation clicker, if using slides
- Whiteboard, the larger the better
- Audio playback for music, if available

Signature Talks

Embodied Authority

THE NEUROSCIENCE OF ALIGNED LEADERSHIP

Understand the brain states behind effective leadership and how to intentionally operate from elevated consciousness and higher-mind functioning. Under pressure, even great leaders default to reactive patterns when their stress response is running the show instead of their rational, strategic thinking. In intense environments, this shows up as:

- Micromanaging, over-explaining, and avoiding hard conversations
- Burnout and decision fatigue
- Teams that mirror their leader's dysregulation instead of their vision

AUDIENCE TAKEAWAYS

- Understand the simple neuroscience behind aligned leadership patterns
- Recognize what's happening in your brain when you're at your best versus when you're hijacked
- Learn to cultivate internal coherence and optimized brain function, even in high-pressure environments
- Discover why regulated leaders think more clearly, build more trust, and make better decisions
- Lead in a way that gives your team, partners, and stakeholders your best thinking, not your stress response.

Your Invisible Edge

THE ANATOMY OF INTUITION

Intuition. You have it. But do you know how it works? After this session, you will!

No one teaches us how to use our intuition effectively, yet it's one of the most essential aspects of living a life that's powerfully aligned with your bigger vision, greatest desires, and inner truth.

Repressing, avoiding, and denying your intuition is self-sabotage. As leaders who are empowering businesses, families, and communities, it's critical to honor it more and succumb less to the doubts and dismissals.

AUDIENCE TAKEAWAYS

- Discover the anatomy of intuition and how it actually works
- Recognize when fear and doubt interfere with your inner knowing
- Listen to, trust, and follow your own inner voice
- Learn to make intuition a practical tool for decisions in life, relationships, and leadership
- Follow your intuition to achieve higher outcomes with greater ease and joy in the process.

The Inner Alignment Advantage

8 ESSENTIAL ELEMENTS FOR A LIFE AND BUSINESS THAT FEEL RIGHT

Inner alignment is the true key to success in life, love, and leadership. It creates coherence between your mind, body, heart, and soul, so every part of you works together cohesively. That coherence fuels creativity, resourcefulness, effectiveness, inspiration, and meaningful connection, so you can make a bigger positive impact while fulfilling your own personal desires. When you're aligned on the inside, everything feels better and flows with more ease and effortlessness.

The I-AM: Inner Alignment Model is a proprietary framework for working with the different dimensions of your personal energy. Its eight essential elements are Desire, Presence, Emotional Honoring, Intuition, Connection, Vibrational Agility, Non-Resistance, and Authenticity.

AUDIENCE TAKEAWAYS

- Discover how each element of alignment shapes your leadership, relationships, and overall life experience
- Identify where you're strong and where you're at a deficit across all eight elements
- Learn to strengthen, stimulate, and support your vision, desires, and goals by leading all areas of your life in alignment with the highest aspects of you
- Use the Inner Alignment Model as a practical framework for embodying your best self, personally and professionally.

Drama-Free Leadership

THE SECRET TRUTH ABOUT REACTIVITY AT WORK AND IN RELATIONSHIPS

Drama is one of the most misunderstood dynamics at work and in relationships. It's a social survival phenomenon. Everyone needs to feel seen, heard, understood, and valued, and to know they matter. Without healthy ways to meet those needs, people resort to drama behavior.

Most of us have navigated painful experiences, and we develop survival responses to keep us safe. The trouble is, these patterns often outlive their usefulness, and no one teaches us how to shift from survival mode to authentic thriving.

AUDIENCE TAKEAWAYS

- Discover the three core human wounds that cause drama (shame, abandonment, and betrayal) and how they impact beliefs, brain function, and interactions
- Understand how experiences like criticism, rejection, and bullying, often starting in childhood, create negative thought patterns that keep getting reinforced as adults
- Deal with difficult people more effectively, from teams and stakeholders to family and loved ones, by recognizing what's driving their reactivity, so you can respond with clarity and compassion
- Cultivate coherence and peace, individually, in relationships, and collectively, so you're more effective at work and at home
- Create a culture where people feel seen, heard, and valued, and watch your business and relationships truly thrive.

Based on Jennifer's national award-winning book, The Drama-Free Way: Authentic Thriving in a Chaotic World.

What Organizers & Audiences Say

"I met Jennifer Ally at a Miami Dade College event, and soon after I invited her to speak at the Mindfulness@IBM 2022 Summit... She understood immediately the objective of the Summit... Then she did the most original and totally engaging session using a whiteboard (yes, a physical whiteboard although the session was virtual) and other supporting materials. She is a great speaker, engaging, personal, likable. The content of her session struck a chord with the audience and many people wanted to learn more and purchased her book during the session! The participant reviews were stellar, with everyone giving her 5 stars. I recommend her for... speaking opportunities."

Kinga Parrott, Organizer, Mindfulness@IBM 2022 Summit



"Jennifer was recommended...and we were NOT disappointed. Her presentation style was informative, engaging—kept everyone involved and interested throughout her 90 minutes (which could have gone longer, as our feedback survey suggested)... She was wonderful to work with and we would definitely have her speak at a future event."

Corporate Event Organizer

"Getting to the heart of the matter is exactly what Jennifer did! As a speaker at my Unveiled Beauty: Cultivating YOU women's empowerment series, Jennifer captivated our attendees and captured their hearts. Not only did she showcase her storytelling ability, but provided our attendees with tools and knowledge to help navigate emotional energy. I highly recommend Jennifer!"

Lisa Harris, CEO & Founder, Lisa Harris & Company

"Jennifer is amazing! I wish everyone in my department could have heard her speak. Absolutely fabulous class. I wish it had been longer."

Corporate Training Attendee

"As an Event Manager, I can honestly say that Jennifer Kern was one of my favorite presenters to work with. She was professional, punctual, personable, and passionate. The four P's that we all look for in a speaker!"

Conference Organizer

"Jennifer is an incredibly insightful speaker. She is highly educated and understands the importance of research. What impresses me most is all of her knowledge is intrinsic. She knows her stuff at a deep level and is able to communicate it in multiple ways so it can be shared and learned by others. Her style and presence are refreshing and I love being a part of her audience."

Sara Cross, PCC, Learning & Development Manager

"Jennifer used relevant examples to enhance my learning. She did a great job being relatable and engaging. I'd love to see her speak to a bigger group at our organization."

Corporate Training Attendee

WATCH JENNIFER SPEAK

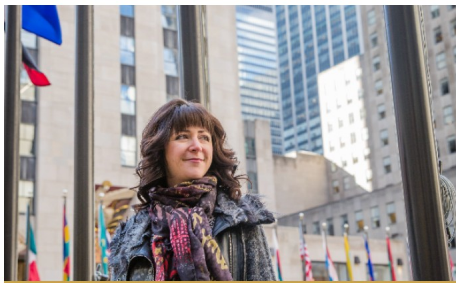
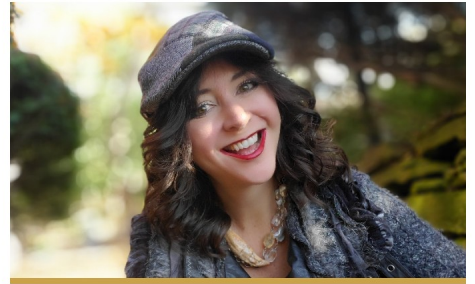
SIZZLE REEL
Highlights on stage

FULL TALK
CreativeMornings Palm Beach

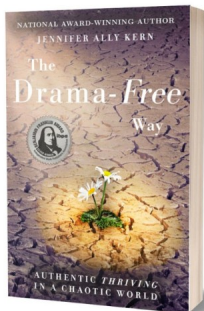
TESTIMONIALS
Live audience feedback



Approved Photos



High-resolution photos available on request.



NATIONAL AWARD-WINNING BOOK

The Drama-Free Way

Authentic Thriving in a Chaotic World

Benjamin Franklin Award, Silver Winner (Independent Book Publishers Association).
Organizers receive a signed copy, and discounted bulk orders are available for attendees.

Contact & Social

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