



Ashes to Wings

With

Jenni O'Connor



P  D C A S T

Ashes to Wings Podcast

About Us:

We share stories of overcomers, and give our listeners tips and tricks for living a more fulfilled and embodied life.

The world moves quickly, giving people little chance to slow down and connect with themselves. Embodiment coach Jenni O'Connor helps people find their confidence, and feel more connected with their bodies, minds, and emotions.

Your host, Jenni

Jenni O'Connor is an Embodiment Coach, author, and speaker. Her "Rituals for Feminine Power" books are available on Amazon.com.

Diagnosed with Fibromyalgia and Chronic Fatigue Syndrome at age 21, she had to quickly learn how to balance her over-achieving personality with radical self-care. She owns Studio Phoenix, a women's aerial dance and fitness studio, and is a gold medalist pole dancer.

She has made it her life's work to help women feel more empowered, and love themselves unconditionally.

Whether she's rolling in her wheelchair or flying on her pole, Jenni is always moving forward.

Our Listeners

While everyone can benefit from tips on self-care and embodiment, our primary target market is women ages 25-50 who are feeling overwhelmed and stretched thin.

The Ashes to Wings podcast offers a much-needed oasis of nurturing and self-care that many women are lacking. Rounded out with uplifting stories that feature overcomers rising above their circumstances, we seek to be the positive space that gives people a motivating start to their week.

Our Guests

We are always open to meeting people who are interested in being a guest! Our ideal guests are one of the following:

1. Someone who has a story of overcoming something and has rebuilt herself or himself... a phoenix rising out of the ashes.
2. Someone who can bring unique and applicable tips and tricks to help our listeners connect more with their bodies, minds, or emotions.
3. Someone who is an expert in the fields of self-care, mindset, or embodiment practices.

Contact Us!

Ready to be a guest? Schedule your initial contact call at
Calendly.com/JenniOConnor/Pre-interview

Email Jenni@JenniOConnor.com with any questions.

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