

# Speaker Bio/Intro

## JENNY POWERS

### Mental Health and Wellness in the Workplace Speaker

Jenny Powers is a renowned speaker, bestselling author, and dedicated life coach specializing in mental health and wellness in the workplace.

With a focus on empowering professionals to thrive both personally and professionally, Jenny helps individuals unlock their true potential, build resilience, and foster a sense of purpose in their careers.

As the founder of Empowered By Jenny, Jenny offers transformative strategies that address the unique challenges faced by people in the workforce.

Her work emphasizes mental well-being, work-life balance, and the pursuit of fulfillment in professional settings.

Jenny's impactful keynotes and workshops have inspired countless individuals globally to value and prioritize their mental health and wellness.

Her practical insights and engaging style leave a lasting impression, equipping attendees with tools to overcome obstacles and create meaningful, balanced careers.

She is the author of *EMPOWERED: The Woman's Guide to Following Your Heart*, as well as *The Empowered Workbook* and *The Empowered Journal*.

Jenny is also the creator of and innovator behind 100 DAYS OF YOU, a transformative 3-month program that is empowering people worldwide by healing mental health and wellness in the workplace.