



# JEN COKEN

COACH | SPEAKER | HUMORIST | AUTHOR

I EMPOWER WOMEN EXECUTIVES IN MALE-DOMINATED INDUSTRIES TO LEAD WITH MORE AUTHORITY, INFLUENCE, AND IMPACT.

# SPEAKER KIT



**COACH**

**SPEAKER**

**AUTHOR**

## WHY JEN...

Jen is a captivating experiential speaker, transforming her audience by placing them inside the story and using comedic principles to relate to her audience (and keep them from brain-numbing boredom). She has the power to transform whole rooms.

She takes people to the brink, right to the point where the brain can't take any more information, and then she uses humor to diffuse the room and the brain opens back up for business. Most of the time our brains need to hear something 600 times before we retain it. With comedy, it only takes 12. Jen packs all her comedic tricks and uses them cleverly with her audiences to get them to open up, chill out, and really hear what she's saying.

## WHAT TO EXPECT...

**Here's what you can expect from me and my team:**

- Training & presentations will be professionally prepared and dynamically delivered, focused on achieving the outcomes you want with your audience.
- Speeches will be customized to suit your event theme.
- Hosted events will be fun and high energy while keeping the crowd engaged.
- An announcement about your event on my blog and social media channels. (This assumes that your event is open to the public and you want additional visibility for it.)
- A personal phone consultation with a member of my team prior to your event, so I can better understand how I can best serve you and your audience.
- Prompt, professional replies to your phone calls and email messages.



## A note from Jen about her journey:

To me, work and play are one. When you're juggling a tangle of responsibilities or wading your way through a full-stop crisis, life can seem so serious. Embracing the ridiculousness of life is what keeps me afloat. Humor and playfulness are what make me feel less alone and help me "get it all done."

### **Questions are my best friends.**

And listening? We gab over chips and guac every Tuesday night. My point is, I love discovery and looking at circumstances with new eyes. And: I whole-heartedly enjoy pushing boundaries and throwing bias to the side. It's how we get into uncharted territory (and how I survived 30 years as a grassroots organizer in politics).

### **I don't work with my clients forever — here's why:**

You already have the power to achieve your goals. My job is to listen. To help you arrive at your own answers. To help you craft an actionable plan for tapping into that power. Once you take your finger out of that dam there's no going back. Let me be abundantly clear: Coaching should always be about solutions and forward momentum.





## WHAT OTHER PEOPLE HAD TO SAY...

*"Jen Coken is the superstar keynote speaker, full stop. Her combination of insight, vulnerability and insane wit totally suck you in from the moment she steps on stage. Every member of our audience walked away feeling like they'd been gifted a mentor, friend, and advocate for living a courageous and full life. Out of 5 stars, this woman is a solar system."*

**- Whitney McDuff  
Founder & CEO, Proteus Consulting**

*Jen is a speaker worth hearing. I've attended dozens of conferences, coached hundreds of TEDx speakers, and heard thousands of speakers. Jen sleuthed a silent truth about showing up authentically in telling a tale, delivering an idea, and showing the process underneath the progress. Her talk scores on so many high performing levels."*

**— Kat Haber, TEDxVail Organizer**

*"Jen is high-energy and funny. She helps people identify the barriers that are holding them back, overcome them in a few minutes, and then she puts them to work. If you're looking for somebody to create transformations for your audience, I highly recommend Jen Coken."*

**— Steve Harrison, CEO, Quantum Leap Publicity and Marketing**

TESTIMONIALS



# POPULAR KEYNOTES



1

## **THE SCIENCE OF SELF-SABOTAGE: MAKING IMPOSTER SYNDROME YOUR SUPERPOWER**

Imposter Syndrome isn't just for those who feel inadequate or insecure — although that's the usual misunderstanding. Imposter Syndrome is a hallmark of leaders who sabotage their success by thinking it was 'right-timing' or 'luck.' Most are unaware that that's what they're experiencing or the impact of its presence in our personal and professional lives. This keynote is high-energy and high-impact and gives the audience key strategies to embrace Imposter Syndrome, turn it into their superpower, and use it to achieve extraordinary things with confidence and certainty.

2

## **CRACKING THE P.O.W.E.R CODE: HOW MULTIDIMENSIONAL LEADERS AND THEIR TEAMS THRIVE IN AN EVER-CHANGING LANDSCAPE**

Multidimensional leaders can simultaneously navigate their bottom line, customer needs, and team dynamics. This requires demonstrating authenticity, vulnerability, and empathy while remaining curious about the future and what it will take to continue to succeed. Those who cannot bend will break eventually. This new kind of leadership requires new ways of thinking, being, and acting.

3

## **ARE YOU WILLING TO FAIL SPECTACULARLY?**

Using humor and humility, Jen helps audience members identify and eliminate their barriers to success. Jen guides the audience to implement strategies to take a calculated risk and make the quantum leap into the life they have only dreamed of. Jen leaves the audience charged and challenged to take action after learning to see the opportunity in what they once considered a failure.

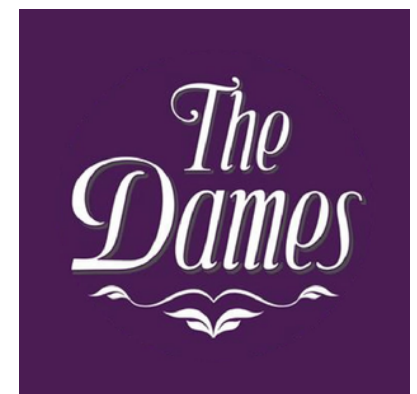


## RECOGNIZED IN THE MEDIA

WHERE I'VE BEEN FEATURED



Anne Arundel SHRM







# TO BOOK

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