

Jen Aks



Specializing in Emotional Intelligence and its deep connection to personal and professional success.

**Leadership & Embodiment Coach, Educator
Founder of The Power of Gesture™**

Bio

Jen has been a Leadership and Embodiment Coach and Educator for 30+ years, helping people unlock their Emotional Intelligence to live a confident and fully expressed life.

Many people struggle with hidden insecurities and self-doubt, which often occurs because society places a high value on logical intelligence. Jen knows this because she was one of those people. Growing up, she felt inadequate and not smart enough, which held her back from amazing opportunities and hindered her confidence. Hitting rock bottom led her to get curious; this is where she learned about the multiple forms of intelligence, inspired by the work of Howard Gardner, Professor of Cognition at Harvard University. Through her studies, Jen quickly realized she had been measuring herself against just one form of intelligence her entire life and coming up short. Discovering her strengths in other intelligences transformed her life, boosted her self-esteem, and deepened her success both personally and professionally.

Now, Jen specializes in helping others awaken & enhance their Emotional Intelligence, overcome self-doubt, and achieve greater success in all aspects of their life. Jen's passion is to empower people to own and value who they are so that they can live from a place of authenticity, lead with authority and a design a life they truly desire.

TALKING POINTS

1. Discover the various forms of intelligence beyond just logical intelligence.
2. Explore the new possibilities that arise when we recognize and value multiple forms of intelligence.
3. Understand what Emotional Intelligence is and how it functions.
4. Learn why Emotional Intelligence is crucial for both personal and professional success.
5. Find out how to transform self-doubt into confidence through the power of Emotional Intelligence.
6. Enhance your natural confidence and leadership skills by understanding and developing your innate form of intelligence.

SUGGESTED QUESTIONS FOR JEN

1. How might our perception of intelligence be connected to feelings of self-doubt?
2. Can you share your journey with us? How did you overcome feelings of inadequacy and self-doubt?
3. What becomes possible for us when we awaken our Emotional Intelligence?
4. What are some other common forms of intelligence, and how do we identify which ones are strongest within ourselves?
5. Can you explain how The Power of Gesture™ awakens our Emotional Intelligence and enhances our lives?

Watch 2 min of Jen's work here → 