

Services

Wellness Workshop Facilitation

- Interactive workshops blending education, self-reflection, and insights.
- Clear, concise steps for immediate implementation and skill enhancement.
- Comprehensive PDF guide provided to support lasting habits and growth.



Better Decision-Making



Reduced Stress



Effective Communication



Improved Effectiveness



Greater Resilience



Improved Work Life Balance



Improved Sense of Well-Being

1:1 Coaching

- Personalized 1:1 coaching addressing individual employee challenges and goals.
- Proven track record: **85%** of clients experience job promotions, salary increases, and enhanced well-being.

Keynote & Session Speaker

- Compelling, impactful speaking engagements that leave lasting impressions.
- Align mindful training techniques with business strategy to boost productivity and retention.
- Described by audiences as real, relatable, passionate, and inspiring.



Thought Provoking Questions



Captivating Energy







Dynamic & Relatable

Workshop Topics (1-5)

-  ***Owning Your Energy: Rising Above Negativity***
Discover how to protect your energy, stay centered, and thrive—no matter the negativity around you. Learn practical tools to stay empowered and resilient in all settings.
-  **Stress Less, Achieve more: Meditation for Skeptics & Busy Professionals**
Explore the science-backed benefits of meditation, including physical brain changes observed in regular meditators. This workshop demystifies meditation, teaching practical techniques and strategies to overcome the misconception that a silent mind is the goal.
-  **Mastering Time: Strategic Prioritization for Unstoppable Productivity**
Learn how to navigate competing demands and prioritize effectively, even when everything feels urgent. Leave with actionable strategies to integrate your top priorities into your day, ensuring you stay focused and productive without burning out.
-  **Setting Boundaries with Confidence: Enhancing Respect and Communication**
Recognize the hidden signs of burnout before they take hold, giving you the tools to break free from stress and exhaustion. Through a powerful 3-step strategy, master the art of creating sustainable, energizing practices that fuel lasting success.
-  **The Power of the Pen: Mastering the Art of Reflective Journaling**
Unlock the transformative power of journaling and learn how to use it as a tool for clarity, growth, and insight. Discover best practices for effective journaling and participate in a guided session that will leave you with actionable tools for reflection and positive change.






Workshop Topics (6-9)

-  ***Cultivating Self-Trust for Effective Decision Making***
Explore the vital role of self-trust in making confident and effective decisions. Uncover personal barriers to trusting your self and gain actionable strategies to cultivate self-trust for clearer, more empowered choices.
-  ***Diva or Doormat: Embracing Humility for Performance & Connection***
Learn how to strike the balance between assertiveness and humility to enhance both personal performance and interpersonal connections. By embracing humility, discover how to lead with confidence while fostering respect and collaboration with others.
-  ***The Happiness Strategy: Aligning Your Life with Purpose and Contentment***
This workshop will guide you through practical steps to create lasting happiness by aligning your values, actions, and mindset. You'll gain self-awareness and learn actionable steps to bring true joy and fulfillment into your life every day.
-  ***Prevent Burnout & Create Sustainable Practices for Lasting Success***
This workshop will guide you through practical steps to create lasting happiness by aligning your values, actions, and mindset. You'll gain self-awareness and learn actionable steps to bring true joy and fulfillment into your life every day.



Workshop Topics (10 - 12)

-  ***Building Resilience: Tools for Thriving in Stressful Times***
Uncover the profound, multifaceted impact of stress on your well-being and how neglecting it can sabotage your personal and professional life. Through mindfulness and powerful attention-management techniques, you'll gain actionable strategies to build lasting resilience and master stress before it controls you.
-  **Revitalize with Breath: Master Your Energy Through Breath**
Dive deep into the transformative science of breathwork and unlock its power to shift your energy instantly. From taming stress to igniting vitality, you'll experience dynamic techniques tailored to activate your ideal state, leaving you energized, focused, and fully in control.
-  ***Embrace the Doubt: Using Imposter Syndrome to Fuel Growth***
Participants uncover the hidden strengths within imposter syndrome and learn practical strategies to harness it as a catalyst for growth and achievement. They walk away with tools to quiet self-doubt, leverage their unique skills, and take bold action toward their goals with confidence and clarity.

Session is available in workshop or feature presentation format

Workshop topic requests are welcome and may be considered for future sessions.



Client Testimonials

Jennifer Rocks!



Amy Antony
Center Street Psychology Founder

Jennifer rocks! She brings vitality, engagement, and authenticity into her presentations. It's hard NOT to be engaged as she adept at naturally drawing you while somehow making you feel like she is speaking directly to you (even with others around you). She has a knack for making you feel seen and her message and thoughts around burn out has left a mark on myself as well as the other attendees. Thank you!

Won Us All



Adam Kolozetti
Enta Solutions Co-Founder

Our team did a meditation workshop with Jen and they loved it! I'm especially pleased because many of them were skeptical but she won us all over. I'd highly recommend!

"Aha" Moments



Diane Anderson
Diane Anderson Counselling and Consulting

Jennifer's authentic and caring approach gave me several "aha" moments! Wellness and success are interdependent. Employees HAVE to build burnout prevention and intervention strategies into their career. Success should come with no regrets about your quality of life! Thanks Jennifer!

Over & Beyond



Gary Doran
Crescendo Accounting CEO

Every year I look for something unique that I can incorporate into my employee retreat and Jennifer was just a perfect fit. She explained her process and delivered over and beyond. I really enjoyed the workshop Jennifer put on, it was fantastic! There were so many take-aways our team is going to use as we approach our busy season. I highly recommend Jennifer for group sessions around mental wellness and certainly look forward to further exploring the benefits as we continue to engage her for different activities.

Team Member Engagement



Ismail Dandia
Shell IT Manager

Jennifer helped with a team engagement that was facilitated with an anonymous survey, a vulnerable virtual discussion with staff across India, UK, Singapore. What I really appreciated was us discussing tactical solutions to resolve how we communicate with one another on workload challenges, check in's regularly during our team meetings and techniques outside of work to fill up our cup. Thanks again Jennifer for your efforts to get all team members engaged and their voice heard.



Beat Burnout, Boost Retention
JenniferKeable.com



Contact Jennifer Keable



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