



www.jennbrowncoaching.com

Jenn Brown

MOTIVATIONAL SPEAKER
& LIFE COACH TO TEENS AND
YOUNG ADULTS

MEDIA KIT

Hi. I'm Jenn!

MOTIVATIONAL SPEAKER & COACH

Jenn Brown stands as a dynamic force in the realm of teen and young adult life coaching. She collaborates with her families to empower the next generation, offering inspiration and support to teens as they navigate life's challenges, build resilience, and unlock their potential. Serving as the CEO of Jenn Brown Coaching, Jenn leads the way for parents to embrace intentional positive shifts in their family dynamics. Parents emerge from her guidance with a deeper understanding of how to approach their teens with a listening ear and aligned support, sending a powerful message of love and strength.

With over seventeen years in the world of public and private education, Jenn's work has evolved from the to classroom to working more intimately with students in a 1:1 and group coaching setting.

Her work has been recognized across Texas inside teen and parent groups, school districts, and nonprofits as the coach who's helping teens and young adults reach their full potential.



As Seen In



Fast Facts

- ✓ -Certified Professional Coach (CPC) by Institute for Professional Excellence in Coaching (IPEC)
- ✓ -Associate Certified Coach (ACC) by the International Coaching Federation (ICF)
- ✓ -Practitioner of the Teen Coaching Academy
- ✓ -Texas Certified Teacher
- ✓ -Master of Education in Curriculum and Development
- ✓ -Contributing Writer at Greet Magazine- Lake Highlands

Keynote #1

How to Parent When Life Gets Hard: The Ultimate Guide to Tackling Teen Stress

In this address, Jenn shares her five-year journey through unimaginable health crises with her children. Despite facing shaken baby syndrome with her baby, a cancer diagnosis for her daughter, and a seizure disorder for her son, she shares how her family transformed from victims to thriving individuals.

Through her story, she emphasizes the importance of perspective, action, and support in navigating adversity. Offering practical strategies, she highlights the power of parent connection in an overwhelming world of teen stress. Ultimately, Jenn's talks delivers a message of hope, resilience, and the transformative nature of finding control amidst life's chaos.

Key Audience Takeaways:

- ✓ -Discover what you have control over as a parent and how to harness your happiness.
- ✓ -Deep dive into the power of confidence and how it can empower your teen to be their best selves.
- ✓ -Walk away with hands on strategies to overcome stress and anxiety that will support you and your teen.



Keynote #2

The Seven Levels to Being a Leader

This enlightening Keynote is designed for parents and teachers who seek to understand why they view the world in a certain way. Delve into a detailed roadmap of the seven energy levels that lead to how we think, act, and feel. The audience will walk away with an understanding of catabolic and anabolic energy and how it affects how to approach life as a leader. Jenn's talk will inspire deep reflection and round table discussions and inspire the audience to grow in their everyday interactions with their spouse, co-parent, or co-workers. Parents and teachers will walk away with a detailed understanding of how to grow, not only as a person but as a leader.

Key Audience Takeaways:

- ✓ Discover the different ways that we view the world, ranging from being a victim to circumstances to dreaming up new ideas.
- ✓ Understand that we flow in and out of different levels of confidence throughout the day and how to bring an awareness to why we do the things we do, and what we can do about it.
- ✓ Develop a plan of leadership in all areas of your life and how it can affect personal growth and happiness. Walk away with the tools to focus on mental health and support in all areas of your life!





In the hands of Jenn Brown, parents are able to navigate the complexities of their changing roles as parents while unlocking powerful communication strategies to effectively support their teens. Likewise, teens feel more empowered to make tough decisions and feel more confident despite the many challenges they face.

Testimonials



Jenn's six-week coaching sessions have significantly improved our high school-aged daughter's academic performance and personal relationships. By accentuating her strengths and addressing areas for growth, Jenn has helped her achieve challenging goals and find a greater sense of purpose. Sessions are productive and efficient, with clear weekly goals. Our son is also benefiting from Jenn's coaching, becoming more confident and fulfilled.

Liz- Parent to 14 Year Old Client



Jenn has been instrumental in guiding my recent college graduate towards post-college success. She's helped him set goals, gain confidence, and stay organized. Her firm yet compassionate approach motivates him, and we've seen great results. Investing in Jenn's coaching has been invaluable for setting him up for success.

Tracey- Mom to 20 Year Old Client



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Jenn Myers Brown



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Jenn Brown is a motivational speaker to support parents, as well as a life coach to teens and young adults.

She is based in Dallas, Texas and is available for Keynote Speaking, Workshops, and group Trainings in-person, as well as Virtual Summits, Podcasts, and Guest Expert Features.

Jenn