

# Jennifer M. Blair

LIFE COACH • SPEAKER • AUTHOR

*Jennifer loves to share her wisdom, creativity, beauty, grace and enthusiasm with her audiences. By presenting her insights to thousands of people through her speaking and radio appearances, life coaching programs and monthly columns, Jennifer's warmth and connection to her audiences has the ability to provoke thought, inspire action, expand creativity and pursue passion. Whether she is giving an inspirational speech, a leadership or business training, a college classroom symposium, or even a book club talk, her life coaching strategies impact the individuals as well as the group as a whole.*



## JENNIFER'S INSPIRED SPEAKING TOPICS

These custom-designed topics can be adapted to fit any audience in a variety of time frames, including a 45-minute inspirational speech, a 3-hour interactive training or an all day in-depth workshop.

### Bring Balance to Your Life

By using a life balance exercise to help you discover what matters most, Jennifer will help you excavate what is working, or not working, and where you need to add more balance, focus, joy or fun. This interactive and compelling presentation will give you practical ways to prioritize inspired action items, motivate you to make lasting change and get your life moving forward now.

### Power Up Your Purpose

Jennifer assists you in becoming a stronger leader in your life professionally and personally by sharing her "12 Ways to Access Your Personal Power."

In helping you better define your purpose and passion, you will be inspired to ignite your own fearless fierceness, remove any barriers, pursue what you are passionate about, be more authentic and connect to your creativity. Jennifer will teach you how to plug into your personal power, determine your own impact and let your brilliance shine.



### The True You

Are you living a full life today? Do you feel alive and passionate about what you are doing? Do you want more love, freedom, passion, peace, abundance, life balance, confidence, or joy in your life? Based on her book *The True You*, Jennifer helps you uncover your authenticity, inspire your creativity, break down barriers, and empower yourself to live your best life. Through Life Coaching exercises, she assists you in gaining insight into what is truly important in your life and gives you the tools to make lasting change.

### Ignite Your Personal Passion

Ignite your sense of passion and find new ways to express your zeal in your everyday life. Discover what you are passionate about and what "heart and soul" activities will bring you the most fulfillment and pleasure in what you are doing, both personally and professionally. Gain insights and tools to create passion, play and pleasure in any life area that longs for aliveness and excitement.

### Excavate the Leader Within You

By gaining simple coaching tools, you will learn how to be most effective in your life in order to accomplish what you want based on your own leadership influence and style. Jennifer will guide you in identifying your strengths, claiming your unique gifts and assets, boosting your confidence and ability to communicate powerfully, understanding your personal impact on others, facing your fears, asking compelling questions and choosing your goals to create sustainable results in today's fast-paced, modern world.

### Ask For What You Want... and Get It!

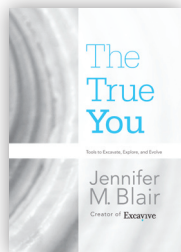
If you don't ask for what you want, the answer is no. If you learn how to ask effectively, then you might just get a yes! This communications presentation will teach you simple skills on how to get your message heard by anyone in your life. Learn the art of active listening, the non-violent communication method, the benefits of anger and how to speak your truth. Power up your voice and get enthused to get what you want!

### Other topics presented:

*Leveraging a Strong Personal Brand*  
*Setting Soulful Goals*  
*Just in Time Priorities*  
*Connect to Your Creativity*  
*Live an Empowered Life... 12 Ways to Excavate Yourself*  
*Mint Your Abundance: Cultivate Prosperity*  
*Celebrate Your Womanhood*  
*Sex and the Sensual Woman*

**Jennifer M. Blair is a Life Coach, Speaker and Author** based in Louisville, Kentucky. In 2003, she founded Excavive™ Life Coaching as a way to empower people to pursue their passions, increase their self-confidence, communicate powerfully and build the kind of lives they truly want to live. Jennifer's fierce commitment to her work focuses on personal and professional life coaching, inspirational speaking, creative and entrepreneurial consulting, and writing a monthly column for *Underwired Magazine*. She just published her first book in January 2012, *The True You: Tools to Excavate, Explore & Evolve*.

Jennifer's speaking experience includes creating several speaker series, delivering keynote speeches, participating in panel discussions, facilitating leadership trainings and leading interactive seminars where she consistently receives rave reviews for her work. A member of the International Coaches Federation, and Co-Director of GLOW, she uses her knowledge from the corporate, non-profit and entrepreneurial worlds, as well as her extensive leadership, life coaching and motherhood experiences to connect to her audiences and make a difference in the lives of people all over the nation.



Jennifer is the author of

## THE TRUE YOU: TOOLS TO EXCAVATE, EXPLORE AND EVOLVE

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### Jennifer's Clients include:

Ad Fed Louisville  
 American Heart Association  
 "Go Red for Women"  
 American Printing House  
 for the Blind  
 Archdiocese of Louisville  
 Baptist Hospital East  
 The Asset Advisory Group, Inc.  
 Davis Jewelers' "Embrace Your  
 Brilliance" speaker series  
 Fundraising Executives of  
 Greater Louisville  
 GLOW - Greater Louisville  
 Outstanding Women  
 Hosparus  
 Housing Management Conference  
 Jefferson County Public Schools  
 Junior League of Louisville  
 Kentucky Society of CPA's  
 Louisville Bar Association  
 LPK  
 Norton Healthcare  
 Paul Mitchell The School- Louisville  
 Underwired Magazine  
 "Wired & Inspired" speaker series  
 University of Cincinnati  
 University of Louisville  
 WAVE 3 TV  
 Women Lawyers Association  
 YPO- Young President's Organization

## TESTIMONIALS

*"In attending several of Jennifer's speaking events, I found her absolutely captivating and incredibly insightful. She has a unique, interactive and fun way of allowing you to put things into perspective. She makes you understand that you need to take time for yourself, love yourself, think about what you want from life and how to go about achieving your goals. I 100% recommend Jennifer to anyone because she is truly gifted."*

ASHLI WORDEN, ACCOUNT DIRECTOR AT CRITICAL MASS

*"I didn't realize what a pre- "earthshaking" moment I would have from attending the Wired and Inspired seminar! WOW! Jennifer's talk left me very inspired and more committed to seeking out my authentic self!"*

BRIDGET SMITH, Wired & Inspired attendee

*"Thank you for such an engaging program with the YPO Administrators. I have received such complimentary reviews! I really enjoyed the opportunity to work with you—you have a great message!"*

TAMARA HOLLEMAN, YPO Director and Tamco Productions, LLC

*"I have heard Jennifer speak on many occasions and she has yet to lose my interest. She is engaging, energetic, knowledgeable and fun. She really has a talent for connecting to the audience in her talks. Jennifer has the ability to get you to think about what she is saying and make you feel comfortable about any subject by the genuine tone in her voice. Every time I leave one of her speeches I feel I can successfully conquer the world around me and be true to myself in the process."*

CHRISTINE VAUGHN, Annual Giving Manager at Apple Patch

*"Just wanted to thank you, Jennifer, and give you rave reviews for your presentation at the Louisville Coaches Connect meeting. What powerful and immediately useful content! You inspired me to think deeper about what I represent and how my actions speak to my brand."*

ANN HUTTNER, Executive and Leadership Coach

*"The feedback that I received from Jennifer's sessions has always been positive and well-received. Jennifer is an excellent speaker who brings a wealth of experience, depth and understanding to any group she is working with."*

CHRISTI LANIER-ROBINSON, Past President of Junior League of Louisville

For more information on scheduling Jennifer, purchasing her book or learning more about her work:

# Excavive

**Excavive™ Life Coaching • Jennifer M. Blair**

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Based in Louisville, Kentucky and Fort Worth, Texas