

Excavive

— Jennifer M. Blair —

Life Coach • Speaker • Author



One of Jennifer's best and favorite services is speaking and connecting with audiences of all sizes. She loves events – understanding their purpose and attendees, thinking through key messages and inspiring participants to move forward with renewed energy and spirit.

Jennifer shares her insights, practical tactics and tools in a variety of ways – all to provoke thought, prompt action, expand creativity and inspire participants to pursue their passions and, ultimately, build and expand the lives they truly want to live.

Jennifer's speaking experience includes creating several speaker series, delivering keynote speeches, participating in panel discussions, facilitating leadership and business trainings, creating college classroom symposiums and leading interactive seminars where she consistently receives rave reviews for her work. These custom-designed topics can be adapted to fit any audience in a variety of time-frames, including a 45-minute inspirational speech, a three hour interactive training or an all day in-depth workshop.

— INSPIRATIONAL SPEECHES & TRAININGS —

Bring Balance to Your Life

In this presentation, Jennifer uses an interactive life balance exercise to help audiences discover what matters most. By examining what is working, or not working, in their lives, attendees can also explore how to add more balance, focus and joy in creating a full life. Jennifer offers practical ways to set soulful goals, prioritize inspired action items, make lasting change and get life moving forward.

Create Your Life Adventure through Passion & Purpose

Gain insights and tools to create passion, play and pleasure in any life area that longs for aliveness and excitement. Audiences will leave with their own Passion Playlist with "heart and soul" activities that will bring excitement in all they do, both personally and professionally.

Excavate the True Leader Within

Leadership is about taking responsibility for your own personal impact. By gaining simple coaching tools, participants will learn how to be authentically effective in their lives in order to accomplish what they want based on their unique strengths and core values, leadership influence and style. Effective leaders also understand how they affect others, face their fears and choose goals to create sustainable results in today's fast-paced, modern and innovative world.

12 Ways to Access Your Personal Power

Jennifer will teach audiences how to plug into their own personal power and become stronger individuals and leaders in their professional and personal lives by sharing her "12 Ways to Access Your Personal Power." In helping people better define their purpose and passion, individuals will be inspired to ignite their own fearless fierceness, remove barriers and pursue their passion.

Excavate Your Voice: Tools to Communicate Powerfully

If you don't know how to ask for what you want, the answer is no. This communications presentation will teach simple skills on how to get your message heard by anyone in your life. Learn the art of active listening, non-violent communication, the benefits of anger and how to speak your truth.

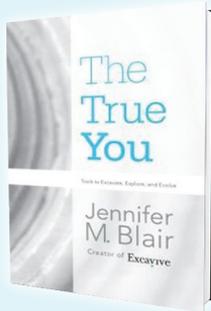
Other Topics Presented:

- Setting Soulful Goals
- Excavate Your Authentic Self: Five Ways to Create Your Personal Brand
- Mint Your Abundance: Cultivating Prosperity
- Uncover the REAL You: Take the Mask Off and Live Authentically
- Sex and the Sensual Woman
- Sex, Sizzle & Salsa: Ignite Your Personal Passion
- The Beauty of Balanced Living



Jennifer M. Blair is a Life Coach, Speaker and Writer based in Louisville, Kentucky. In 2003, she founded Excavive™ Coaching & Consulting 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, creative and entrepreneurial consulting, writing and inspirational speaking.

A member of the International Coaches Federation, she uses her knowledge from the corporate, non-profit and entrepreneurial worlds, as well as her extensive leadership, life coaching, volunteer and motherhood experiences to connect to her audiences, making a difference in the lives of clients, audiences and readers all over the world.



Jennifer is the author of
The True You: Tools to Excavate, Explore and Evolve
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— TESTIMONIALS & CLIENT LIST —



"Jennifer's warmth, wisdom and energy have inspired thousands of people, and her tremendous insight creates a deep connection with audience attendees. If you're looking for a dynamic, motivating and graceful speaker, I can't recommend Jennifer highly enough."

Laura Grinstead, President, Magenta Media Project, Louisville, KY



"Jennifer is an engaging, effective speaker who brings a refreshing, restorative message in her 'Bringing Balance to Your Life' seminar. Her thought provoking exercise using her "Wheel of Life" exhibit produced a lively discussion and sharing of ideas among an audience varying in age and life experience. Jennifer's encouragement toward making honest, mindful assessments on how time and passion were allocated to these specific areas was invaluable in beginning the process of setting realistic goals for an enduring, fulfilled life."

Robyn Carsten-Kane, Bringing Balance to Your Life Attendee, Second Presbyterian Church, Louisville, KY



"Jennifer has spoken on several occasions with The Junior League of Louisville about Growing and Developing Yourself within the organization, personally and professionally. She has helped our members get excited about their life journey and how they can embrace their life no matter at what stage they are in. She has been such an inspiration to our members and because of this we have re-designed a better-defined membership track and succession planning for our leadership. Jennifer is a true inspiration to many and we are blessed to have her support."

Hala G. Ziad, President the Junior League of Louisville 2014-2015, Louisville, KY



"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, Inc., Louisville, KY



"I've attended several of Jennifer's speaking events and find her absolutely captivating and incredibly insightful. She has a unique, interactive and fun way of putting things into perspective. She gives us permission to take time for ourselves, love ourselves, think about what we want from life and how to go about achieving our goals – she is truly gifted."

Ashli Worden, Account Director at Critical Mass, Louisville, KY



- American Advertising Federation of Louisville
- Baptist Hospital East
- BB&T Insurance Services
- Brown Jordan
- Davis Jewelers
- GE Appliance Park
- Hosparus
- Housing Management Conference
- ICF North Texas Chapter
- ICF Ohio Valley Chapter
- Junior League of Louisville
- Kentucky Nutrition Service Center Conference
- Kentucky Society of CPA's
- LIBA (Louisville Independent Business Alliance)
- Ipik in Cincinnati
- Mortenson Family Dental
- NAIFA (National Association of Insurance and Financial Advisors)-Louisville
- Norton Healthcare
- University of Cincinnati
- University of Louisville
- Wax Communications
- Wave 3 TV
- YPO (Young President's Organization)

