

JENNY
BITNER

MEDIA KIT

KEYNOTE SPEAKER



SO, YOU'RE LOOKING FOR AN ACTIVATING KEYNOTE SPEAKER?

You want your event to be awesome.

Transformative, activating and FUN!

That's a reasonable desire.

No one wants to attend another boring speech.

Jenny is here to help you bring that vision to life!



LET'S MEET

Jenny is a Keynote Speaker, business enthusiast, and ever-evolving student of the metaphysical Mind.

After her own decade-long journey being a top-performing corporate General Manager who gave up her career due to chronic burn-out and a lack of resources for a fit Mind; she chased freedom in entrepreneurship for 9 years, built four business models to 6-figures, only to realize true freedom isn't found escaping FROM our work, it's found IN our work.

Now Jenny is dedicated to consulting with conscious companies who hold a vision where Profit meets PLAY and desire to create work environments that are positioned to elevate happy, healthy, productive and retained teams, which for the bottom line, is a win-win for everyone.

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[LEARN MORE
ABOUT JENNY HERE](#)

Jenny Bitner

Certified Professional Speaker
Registered member of the Speakers Bureau of Canada.

KEYNOTE SPEAKING TOPICS

- Profit Meets Play™
- Stress Detox: A Journey to a Fit Mind
- Mind Miracles™



MEDIA KIT/03

WHERE PROFIT MEETS PLAY

This Keynote is perfect for company conferences or events, business owners/entrepreneurs.

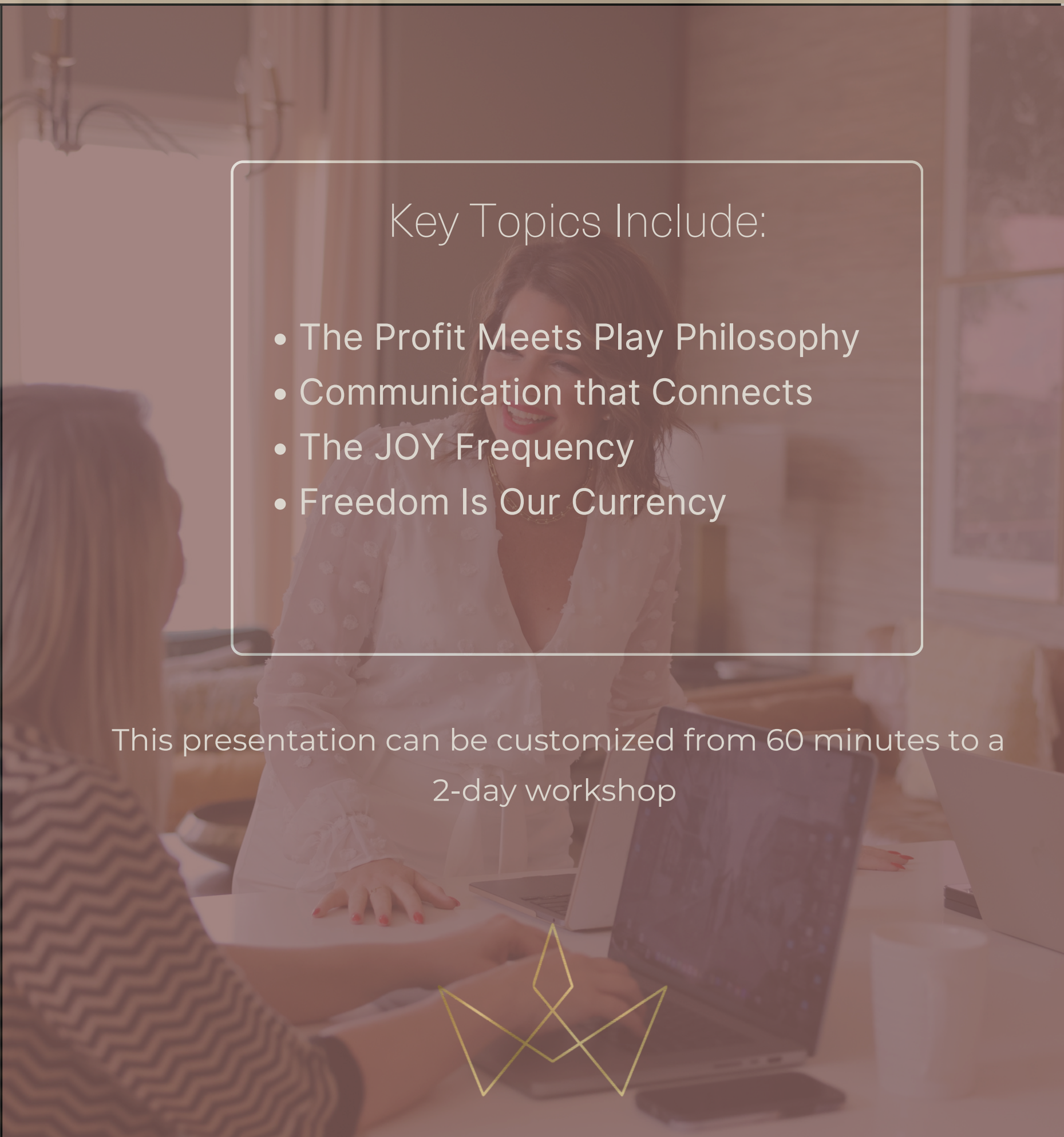
Jenny shares her personal story after her own decade-long journey being a top-performing corporate General Manager who gave up her career due to chronic burnout and a lack of resources for a fit Mind.

She chased freedom in entrepreneurship for 8 years only to realize true freedom isn't found in escaping FROM our work, it's found IN our work. This keynote is designed to get teams excited about mastering PLAY in their days, making their work FUN and bringing JOY into the job. She uses her own inspiring stories to capture the engagement of the audience the whole way through.

Key Topics Include:

- The Profit Meets Play Philosophy
- Communication that Connects
- The JOY Frequency
- Freedom Is Our Currency

This presentation can be customized from 60 minutes to a 2-day workshop



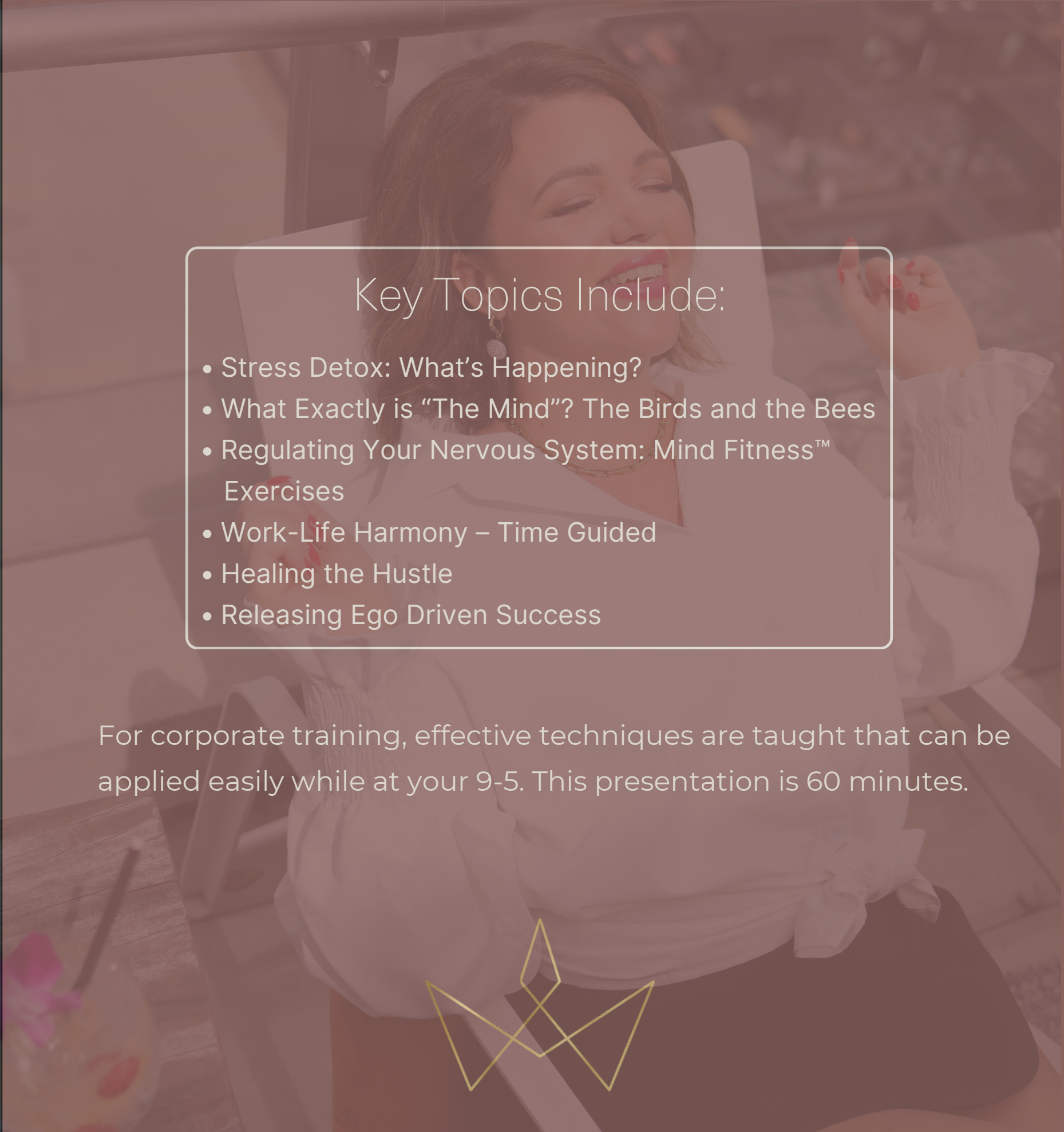
MEDIA KIT/04

STRESS DETOX: A JOURNEY TO A FIT MIND

A perfect Keynote for companies looking to take the doom and gloom out of mental health presentations and make learning about how to get Mind Fit, fun!

Author of “Just A Girl With Anxiety”, Jenny shares the story of her personal decade-long journey after being diagnosed with chronic anxiety and experiencing multiple panic attacks daily, all while managing one of the country’s largest chain of fitness clubs and winning awards for her success.

Through juggling these 2 polar identities, she dedicated her life to learning about the power of our thoughts and now teaches how anyone can live freely with Peace of Mind. She zones in on teaching the everyday person how to listen to their body’s internal “alarm” and reel back into a feel-good rhythm by teaching fun and simple practical lifestyle and habit hacks. She teaches the 3 Key Steps to Stress Detox, to ditch overwhelm and burnout.



Key Topics Include:

- Stress Detox: What’s Happening?
- What Exactly is “The Mind”? The Birds and the Bees
- Regulating Your Nervous System: Mind Fitness™ Exercises
- Work-Life Harmony – Time Guided
- Healing the Hustle
- Releasing Ego Driven Success

For corporate training, effective techniques are taught that can be applied easily while at your 9-5. This presentation is 60 minutes.



MEDIA KIT/05

MIND MIRACLES™

A fun and motivational presentation mixed with the key principles of the Mind Miracles™ Method

This keynote is perfect for business conferences, spiritual retreats, success summits and entrepreneurial events.

Jenny shares her motivational story of going from a burnt-out corporate executive and recovering validation seeker, to a Reverend. She spent 15 years studying the metaphysical Mind and the power of manifesting miracles every day. Now as an ordained spiritual minister, she brings awareness to the power of bridging science, spirituality and the laws of the universe.

This presentation teaches the audience how embracing their free will to make choices at every moment of the day will lead them directly into a state of bliss and joy in all they do.

Key Topics Include:

- Understanding our 2 Thought Systems
- Exposing The Most Natural Resource in the World
- Mind Illusions versus Mind Miracles
- “Step Away From the Water Cooler”
- Powered by Purpose

This presentation can be customized from 60 minutes to a 2 day seminar



MEDIA KIT/05

PAST AUDIENCES ...



SEE WHAT OTHERS ARE SAYING

“Jennifer’s talk was in response to a need for more education on mental health and self-care during times of stress. Listening to her story and lessons on mind fitness gave my team a new perspective going forward and tangible tools to live healthier and happier lives.”

– *Elizabeth G, Health & Wellness Committee Leader*

Jennifer gave my brain a WORK-OUT! She was presenting to my entire department, but I honestly felt like she was just talking to me. I definitely recommend Jennifer to anyone looking to get their associates more engaged, and therefore more productive!

– *Alida M, Corporate Wellness Attendee*

“Jennifer, thank you for the outstanding virtual presentation you held at Foresters. Given the challenges and uncertain times we are facing, your Stress Detox session was very timely. It was so inspiring to hear about your own journey with severe anxiety & panic disorder. I believe we can all benefit immediately from all the “secrets” you shared with us. I really appreciate how you provided simple, manageable steps with each topic. I left feeling like I got this! Your high energy and enthusiasm kept me engaged in what you were saying – I couldn’t believe how fast that hour went by.”

– *Bella V, Foresters Financial*

A MESSAGE FROM JENNY...

Here are 3 random facts that have no relevance to me as a Speaker but I thought would be fun to share with you!

- (1) My husband use to own a racetrack (Speedway), once we completed that business, we moved to Mexico and have been living in the Caribbean ever since!
- (2) My vice is reality dating TV shows. My husband thinks it's weird but I love watching strangers fall in love (or not)
- (3) I am a person who doesn't like cilantro OR olives. You either love 'em or hate 'em. Which are you?

SO, ARE YOU READY FOR SOMEONE
TO ACTIVATE AND IGNITE YOUR
PEOPLE?



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