



# Jennifer Minchin




Speaker, Coach, Podcaster & Blogger

## About Me

In today's world, we make many shifts in our lifetime. Some are easier to navigate than others. They come in all forms, family, work, residency, personal, and mental. These shifts can be energizing but for many they are stressful and physically and mentally draining. My story is no different than others it has its ups and downs and overcoming adversity.

I love that I have an opportunity to work with individuals and business owners and let them know that I am the person who can support them and help them face their challenges. I provide my clients with personalized life coaching services so that they can get the support they need, and work toward the future that they deserve.

## Connect With Me:

-  @minchjenn
-  @jennminchin
-  @jennifer-minchin

## Speaking Topics

- Imposter Syndrome
- Creating a Life of Resiliency
- Step Into Your Purpose Filled Life

## Signature Services

- Vision Board
- Goal Planning
- Mastermind Groups
- Group Coaching
- 1-on-1 Coaching
- Corporate Retreats