

Media Kit



**Jennie
Milton**



Adrena-jen

Keynote Speaker & Author

ADRENALINE - COURAGE - FEAR - POWER

Keynote Title

“READY MINDSET GO”

TURN PRESSURE INTO PROGRESS

Jen has helped 1000's of women, entrepreneurs and aspiring leaders activate their competitive edge to overcome fears and challenges in business and life by sharing techniques used by extreme sports athletes to master mental endurance and turn pressure into progress.

Featured on:



Testimonials


"Jennie 'AdrenaJen' Milton delivered an electrifying and motivational talk that left us inspired to push our limits and achieve more."

Thad K


"From the moment she began speaking, her energy was infectious, and her positive attitude radiated throughout the room."

Tyler H

Contact:

 +1 (406) 9200018

 jen@adrenajen.com

 @adrenajen



**BOOK JEN TO SPEAK AT
YOUR NEXT EVENT**

Athlete - Coach - Guide

- **Australian Kitesurfing Champion**
- **World Renowned Snowkite Coach**
- **Big Mtn Backcountry Ski Guide**

