

# Media Kit

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**Jennie Milton**  
**“Adrena-Jen”**

**Keynote Speaker & Author**

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# Jennie "AdrenaJen" Milton

## ADRENALINE - COURAGE - FEAR - POWER

Keynote Title

### "READY MINDSET GO"

### "Fear isn't the end - it's the starting line."

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

"I had the opportunity to see Jennie Milton speak recently in New York, and WOW. Jennie naturally has what so many speakers wish they had. Great energy. Very engaging. Dynamite. And most importantly a way of moving an audience into action. I highly recommend Jennie when you are looking for your next speaker."

Corey Poirier - Founder, bLU Talks

Jennie brings a wealth of experience and knowledge to the stage, and an abundance of energy. Her stories are captivating and relatable across all fields. She is amazing!

Heidi Dunstan - Event Manager

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

Athlete - Coach - Guide

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

