



Jenny Evans is a speaker, author, and on-air expert on physiology and chemistry, as it relates to resiliency, confidence and performance. She is highly experienced, having worked with thousands of C-suite executives, leaders, and employees — from corporations, associations, and universities across the globe.

Her dynamic presentations and training sessions both educate and inspire audiences by linking the stressful challenges of everyday life to the body's own chemistry and physiology. Jenny brings to life the art of optimizing your own chemistry to boost your performance and productivity, all while enhancing your health and energy.

Jenny's events are active, engaging, high-energy, and life-changing - leaving audiences inspired, informed and on their way to leading a more productive life in increasingly demanding business environments.

Her award-winning book - *The Resiliency rEvolution* — has been hailed as a “smart, clever read and super-practical guide to leading a more full and resilient life.” She is also the creator of *Hit the Deck* - the ultimate tool for combating stress and increasing productivity and fitness.

Jenny has spoken on the TEDx stage, is the resiliency subject matter expert for Optum and The Big Know's digital courses, writes as a blogger for *The Huffington Post* and was NBC KARE 11's Health & Fitness expert for over four years. She has been quoted on National Public Radio, in *Health Magazine* and *Women's Health*, while being showcased on FastCompany.com, Inc.com, Entrepreneur.com, Shape.com and Elle.com.

Jenny has a bachelor of science degree in kinesiology with an emphasis in psychology from the University of Minnesota and has been an American Council ...

Jenny Evans

Speech Topics

- Resilience
- Personal Growth
- Peak Performance
- Organizational Skills
- Motivation
- Life Balance



Testimonials

“I want to thank you again for giving us such an amazing presentation. People are still raving about what a life changer it has been for them, how it came at just the right moment, and how they have taken the lessons learned home with them to share with loved ones and colleagues. I have run conferences for 20+ years and your session was the best I've ever seen. The survey results so far are rating this year's conference as the best yet, with a 96% score in the Excellent to Very Good range - the best we've ever had; and it's mainly because of you and your message.”

- President Canadian International Trade Tribunal .

“In the past year, AT&T University has been recognized multiple times by national publications for our excellence in Executive Development. Jenny Evans played no small role in this success. Incorporating Jenny into our flagship program raised our game in a way we couldn't have anticipated. There are so many things out of our control in our environment right now, and her message was just what our leaders needed. Over the course of six months, Jenny stood in front of more than 3,500 executives at AT&T for four hours at a time. Her obvious passion around the material and her genuine concern for the participants in the room created a tidal wave of action at this great company. This response was consistent from coast to coast in the United States and didn't skip a beat

when we took the program to London and Hong Kong. We could not be more proud to call Jenny Evans our friend and our trusted partner. She has changed our culture for the better and we are forever grateful.” □

- Director of Executive Development AT&T University.
