



JENNA BANKS

SPEAKER, AUTHOR
MODERATOR & HOST

SPEAKER KIT

Hi. I'm Jenna!

BEST-SELLING AUTHOR OF "I LOVE ME MORE" & FOUNDER OF POWERFULL WOMEN

Empowering PowerFULL Women

Imagine the possibilities if more women embraced their power and potential through practices of self-love and self-care.

Introducing Jenna Banks

Jenna champions women to embrace their self-worth and unlock their full potential. She is the author of the best-selling book **I Love Me More: How to Find Happiness and Success Through Self-Love** and the founder of PowerFULL Women, an organization focused on boosting confidence, resilience, and personal and professional development.



After surviving a traumatic childhood and nearly fatal suicide attempt to becoming a successful business leader, Jenna is living proof that self-love can transform our lives. Her unique story paired with actionable takeaways make her one of the most relatable, inspiring speakers on women's empowerment today.

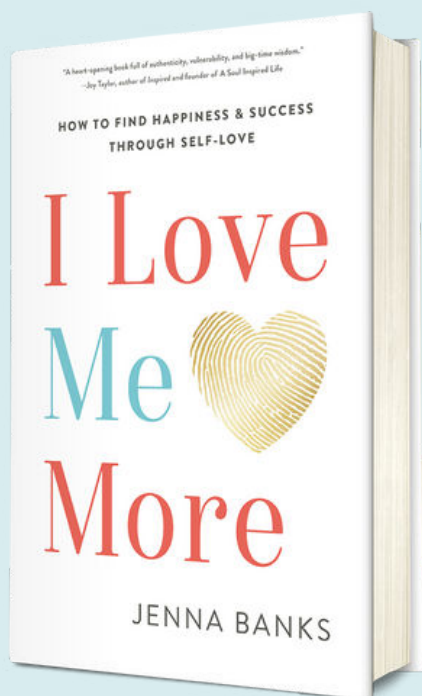
Jenna's mission is to help women embrace their power and potential through practices of self-love and self-care. Her message is especially relished in male-dominated industries where fewer women are in leadership positions, and where stress and eventual burnout cause many women to drop out altogether. Her programs, writing, and speeches cover resilient mindsets, silencing inner critics, setting empowering boundaries, and prioritizing wellbeing and daily self-care.

Jenna's story of a survivor to a confident, successful business leader and entrepreneur resonates deeply with audiences. She delivers practical takeaways with an inspiring message to help women obtain fulfillment in their lives and careers.

Her message of empowerment resonates deeply during these complex times. Jenna's work has been featured in Forbes, ABC, NBC, and other major outlets. She is the host of The Jenna Banks Show video series. Whether through her writing, speaking, or multimedia platforms, Jenna is committed to helping women embrace their power and live life to the fullest.

I Love Me More: How to Find Happiness and Success Through Self-Love

A guide to why we should first love ourselves and how to go about it



- Amazon Best-Seller in Self-Esteem
- 2023 National Indie Excellence Awards: Winner in Women's Health
- Goody Business Book Award - Finalist

Most women have been conditioned to believe that self-love is selfish and that self-sacrifice is a virtue. Many focus their desire for love and wholeness outside themselves and onto others, such as their partners, only to feel disappointed when they don't get back what they give.

With **I Love Me More: How to Find Happiness and Success Through Self-Love**, entrepreneur, speaker, and single mom Jenna Banks crushes the myths about how we should relate to ourselves. She wants to help you stop freely giving all your power away and start understanding your worth.

Jenna uses highly relatable examples from her life story to convey important messages about how you can live a fuller, more rewarding life by embracing your own value and power.

Jenna's down-to-earth, personable voice guides you through topics such as defining self-love, the ways we sabotage self-love, how to put yourself first, how to use self-love to be valued at work, how to balance caring for yourself and caring for others, and much more. Following Jenna's lead, you'll learn to embrace your self-worth and unlock your full potential!

INVITE JENNA TO SPEAK

Jenna is available for keynotes, panel discussions, and book signings. She is a sought-after interviewer, host, and emcee. Her dynamic sessions are customizable and are suited for virtual and in-person sessions.



✓ **Unleashing The Power of Self-Love**

In this 45-minute keynote, Jenna busts the myth that self-love is selfish and explores some of the saboteurs that prevent us from loving ourselves more. Through personal stories and science-backed research, she provides tactics to break free from self-criticism, guilt and self-judgment and cultivate a kinder inner dialog. Attendees will learn to prioritize self-care, set healthy boundaries, and create more fulfillment in their lives and careers.

- Audiences experience an interactive self-care exercise
- This talk is the perfect companion to her book **I Love Me More**

✓ **The Power Container**

In this interactive keynote, Jenna shares her Power Container™ framework to help attendees cultivate resilience, self-acceptance, and daily self-care practices that "recharge" their power. Participants will leave with a renewed sense of empowerment along with tools to establish boundaries, turn struggles into growth, and unlock their full potential.

Jenna's thought-provoking insights, easy-to-understand framework, and captivating storytelling take audiences on a journey from feeling power-LESS to being power-FULL! Perfect for organizations wanting to foster resilience, belonging, and employee retention. Key takeaways:

- Cultivate resilience and self-acceptance
- Establish boundaries and prioritize self-care
- Turn difficult experiences into growth
- Understand and cultivate your power and the importance of charging yourself up daily

Moderated Conversation – fireside chat

An engaging and informal discussion with Jenna Banks and an interviewer from your organization. It's a unique opportunity to explore key research and themes from Jenna's book **I Love Me More** and the PowerContainer™ framework in greater depth and with more stories. This interactive session can be customized to your organization and audience.

- Pre-call with Jenna and her conversation partner
- Suggested interview questions are available
- Includes audience Q&A

Client Love

“Jenna’s message is powerful and Inspiring. It’s what the tech community needs right now.”

*Dale Peterson, Founder,
S4 Cybersecurity Events*

“As a Black, female, immigrant in tech, it takes a lot to speak up and find my power. Your power within talk resonated with me because I have always struggled with finding my power. If I speak up then, I am too aggressive and I “Scare the men”, if I don’t speak up then I am invisible. The power within eliminates the power differential . It is okay to not self-sacrifice. We need to get this message out to young women.”

*Nadine Manjaro
Co-Chair Women of Teradata,
Member of Teradata’s DE&I Board*

“Jenna gave a highly engaging TED-style talk on the Power Container which deeply connected with our audience at the Atlanta Women’s Leadership Summit. She’s personable, upbeat, flexible, very professional and kept our event flowing well. What more could you ask for in a speaker and emcee.”

*Shelley Taft. Sr. Program
Director, ExecutiveSummits*

“Jenna shared her journey with such candor and humor, it was easy to relate and learn from her lessons. Her message to care for yourself FIRST, needs to be heard now more than ever as people have become so exhausted from this pandemic.”

Harriet Stein, Business Coach

Get in Touch

Book Jenna to equip your audience with the mindsets, habits, and knowledge to live more empowered, purpose-filled lives. If you have questions or would like to book Jenna for your next event, drop us a note at jenna@jenna-banks.com.

WEBSITE: JENNA-BANKS.COM

Sign-up for Jenna’s FREE self-love tips & reminders at
ilovemenotes.com