



Professional Bio

Jen Moff is a retreat leader and world traveler, mindset mentor and creative consultant serving single, successful women entrepreneurs across the globe. As a motivational speaker and life and business strategist for online entrepreneurs, her mission is to inspire, educate, and entertain individuals to be, have, do what lights them up so they look back on their lives fully satisfied.

How does Jen make this magic happen? Her unique ability to simplify complex ideas and generate radically creative, strategic solutions can be found in her self-paced online programs, sold-out transformational retreats, Idea Jen sessions, and more.

Less sugar and more spice, Jen is a former actor specializing in improvisation. She has been praised by best-selling author Scott Burken and Launch Out Conference for her authentic compassion and on-point comedic timing. Jen's tongue-in-cheek humor, along with her ability to apply fresh concepts with tactical tools, make her a hit with audiences - during workshops, breakouts, or keynotes.

Her areas of expertise include the intersections of feminine leadership and entrepreneurship, relationships and spiritual growth, as well as success and play.

Jen learned on the 4th of July in 2012, that everything she has learned and will learn, isn't just for her own benefit. After years of working for small businesses, Jen left employee life taking all the lessons with her to work and live on her own terms. She quickly and easily grew her brand to six figures with more self-care, outsourcing, and time off while creating the most loyal fanbase possible.

Jen has a BFA in Communications and Public Relations. She also received a Certified Relationship Specialist designation by the American Psychotherapy Association and is certified in the Sacred DNA Restructure Method. Jen is a member of the Women's Speakers Association and Innovative Women Speakers Bureau, released *Mindfulness 1.0*, a meditation album on iTunes, and is the author of the *Mindful Life Map* workbook, available on Amazon. Her work has been seen on BuzzFeed, Thrive Global, and MeetMindful.com.

A self-proclaimed foodie currently residing in Boston, Jen enjoys taking horseback riding lessons in her spare time.