



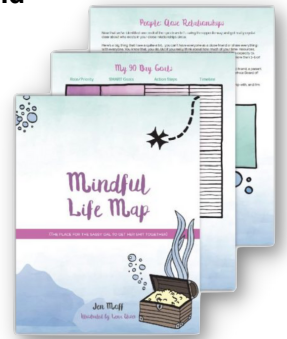
jen MOFF

THE bio

Praised by best-selling author, Scott Burken and Launch Out conference for her authentic compassion and on-point comedic timing, Jen Moff is a motivational speaker, retreat leader, mindset mentor and creative consultant, and founder of Magical Mindfulness LLC.

She supports single, successful women to be, do, and have what lights them up so they look back on their lives fully satisfied. Her work has been featured in Thrive Global, BuzzFeed, and MeetMindful.com.

She's released Mindfulness 1.0, a meditation album, on iTunes, and her workbook, the Mindful Life Map is available on Amazon. A self-proclaimed foodie currently residing in Boston, Jen enjoys riding lessons and growing her indoor plant collection.



FEATURED Topics

YES...AND?!?

ANXIETY WARS

Jen speaks on topics at the intersections of feminine leadership and entrepreneurship, play and personal development, as well as relationships and spiritual growth.

FEARTOPIA

Jen is an engaging speaker who brings her personable energy to audiences. She's very organized and professional. You'll love her.

- Dr. Joe Mitchell, Associate Professor, Valdosta State University



THE DIRTIEST 4-LETTER WORD

Jen Moff is such an energetic, funny, and engaging speaker! She connects with and relates to her audience using warmth, humor and her own personal experiences - if you have the opportunity to hear her, don't miss it.

- Chris Wells, United Way, NC Florida

RELATIONS**T

Great Fits for Jen:
Networking organizations, women's and creative conferences, tech start-ups, and fast-growing private companies, college and sorority events, and progressive spiritual groups.

OVERCOMING HUSTLE A.D.D.

