

MEDIA KIT

jenMOFF

*For hosts, journalists,
and collaborators who
want a bold, insightful,
and memorable guest.*





She can pivot from sharp business insights to laugh-out-loud stories in the same breath - and that's what makes her unforgettable.

“*Jen Moff doesn't just talk about growth, she lives it.*”

From the theater to corporate learning leader and back again, Jen Moff built a career at the intersection of professional development and human connection: equal parts strategy, story, and straight talk.

Her work spans boardrooms and backstages, helping executives sharpen their leadership, small business owners set boundaries, and audiences everywhere rediscover their spark. Audiences love Jen because she's not afraid to mix directness with humor. She can pivot from sharp business insights to laugh-out-loud stories in the same breath—and that's what makes her unforgettable.

Whether she's teaching, storytelling, or sparking a laugh at just the right moment, Jen leaves people with clarity, energy, and the confidence to act. Her mix of honesty, humor, and hard-won insight makes her a favorite with hosts and organizers who want a guest that's both memorable and actionable.

At her core, Jen is a storyteller. Whatever the format—stage, screen, mic, or canvas—her mission is the same: to help people grow without losing themselves.

As Seen On: Boston Voyager, She Leads Podcast, Launch Out Conference

Signature style: Strategy | Story | Straight Talk

Fun Facts: Actor, Painter, etc

"Business Brain. Performer Soul. Future-Focused Lens"





"PLAY ISN'T THE OPPOSITE OF WORK—
IT'S THE SECRET TO DOING IT WELL."

—JEN MOFF

interview topics and angles



CONVERSATIONS THAT BLEND STRATEGY, STORY, AND STRAIGHT TALK

The Power of Improv at Work

"Yes, and" transforms collaboration, feedback, and culture.

Main Character Energy

Boundaries without apology—the new non-negotiable.

Beyond the Algorithm

Intuition, empathy, and play are the next competitive edge.

Creativity as a Survival Skill

Art, improv, and storytelling are tools for resilience.

Equity at Work

Leadership and equity can't be separated.

The Learning Shift

Training is broken—growth requires transformation.



sample interview questions

CURATED QUESTIONS TO SPARK THOUGHTFUL, BOLD CONVERSATIONS

QUICK HIT TOPICS JEN CAN DIVE INTO

- Burnout beyond bubble baths
- Main Character Energy
- Improv at work
- Creativity as resilience
- Equity as a leadership mandate
- The learning shift: beyond training
- Future of work trends
- Boundaries as non-negotiable
- Reinvention after setbacks



Leadership & Culture

- What's one thing leaders misunderstand about burnout—and what should they do instead?
- How can teams use “yes, and” without turning meetings into improv class?
- What invisible norms quietly erode culture, and how do you reset them?

Boundaries & Personal Growth

- What does “Main Character Energy” look like at work on a random Tuesday?
- How do you set boundaries without becoming “the difficult one”?
- What's your favorite script for saying no (that keeps relationships intact)?

Reinvention & Resilience

- You've reinvented more than once—what actually helps people move forward?
- What's the difference between quitting and a strategic pivot?
- How do you rebuild confidence after a layoff or big public flop?

Creativity & Communication

- One communication habit you wish everyone would adopt tomorrow?
- How do you make serious topics feel energizing—not heavy?
- What role does play have in high-performance teams?

Personal / Lighter Touch

- What's one misconception people often have about you?
- Who are your personal “main characters” right now—in work or life?
- What's a guilty pleasure or ritual that always recharges you?



PODCASTS,
AND ARTICLES,
AND VIDEOS -

oh my!

Boston Voyager (Article)

Profile feature spotlighting Jen's journey as a creative leader and entrepreneur.

[READ](#)

#FailuresAnonymous (Video)

Real Stories with Jen Moff

On boundaries, burnout, and the lessons failure can teach.

[WATCH](#)

She Compass TV (Video)

Feature interview on leadership, resilience, and women's voices.

[WATCH](#)

Leading with Curiosity and Creativity (Video)

On improv, leadership, and the power of connection.

[WATCH](#)

Unshakeable Being (Podcast)

How to lead and live with presence, resilience, and authenticity.

[LISTEN](#)

365 Driven (Podcast)

On boundaries, business growth, and thriving without burnout.

[LISTEN](#)

» **Jen's Speaker Reel (Video)**

Event and interview moments featuring Jen in action.

[WATCH](#)

BONUS



select features

TRUSTED VOICES TRUST JEN



PULL

BOLD LINES BUILT FOR HEADLINES, INTROS, AND SOCIAL SHARES

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E

S

AND

soundbites



"Strategy without story is just numbers.
People need a narrative to follow."

**"The best leaders aren't performers,
but they all need stage presence"**

"AI won't replace leaders.
But leaders who ignore it will be replaced."

**"Every organization is already telling a
story; most just don't realize what it is."**

"Work gets better when people get braver."



PROFESSIONAL DETAILS

At a Glance:

Speaker - Keynotes, interviews, and panels on communication, leadership, and the future of work.

Organizational Development Strategist - Aligning people, story, and strategy for growth.

Performer - Actor, improviser, and storyteller bringing presence and play to EVERY stage.

Social Media

LinkedIn: [linkedin.com/in/thejenmoff](https://www.linkedin.com/in/thejenmoff)

Booking Information

Email: booking@thejenmoff.com

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Location: Boston, MA

STRATEGY, STORY, AND STAGE PRESENCE - WHERE BUSINESS MEETS HUMAN CONNECTION.



READY TO BOOK *jen*

“ Great interviews aren't about answers—they're about the conversations that stay with you. ”



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