

Jennifer Gresham Speaking Kit

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Jennifer Gresham Biography

Jennifer Gresham is a career change expert who helps people escape unfulfilling careers and discover the work that makes them come alive. She is the founder of the online course, [No Regrets Career Academy](#), and author of the popular career blog, [Everyday Bright](#).

After graduating from the U.S. Air Force Academy, Jennifer earned her Ph.D. in biochemistry and served as an Air Force officer for 16 years. The military culture, which encourages officers to change jobs every two to three years, allowed her to explore the concepts of reinvention she now teaches. Her diverse experience includes nuclear treaty monitoring, teaching college chemistry, grants management and corporate communications.



It was as the Assistant Chief Scientist of the Human Performance Wing of the Air Force Research Laboratory that she began her work on increasing human potential and effectiveness, working directly with a team of psychologists, neuroscientists, computer scientists and engineers.

It took a devastating miscarriage, her second in less than 12 months, to realize she wasn't living up to her own potential. She separated from the Air Force just four years short of retirement, giving up nearly one million dollars in pay and benefits, to redefine and live out her life's true purpose.

As a writer and coach, Jennifer now inspires thousands of professionals around the world find the clarity and courage they need to pursue deeply meaningful work. Her advice has been featured in *Forbes* as well as on many of the top personal development blogs, including Zen Habits, named by *Time Magazine* as one of the Top 25 blogs on the Internet in 2010.

Jennifer Gresham Presentation Topics

Sample Session Title: Mentoring for the Ideal Career

Short Description with outcomes: In the past, mentoring was primarily about educating and training employees to climb the corporate ladder within a single company. While the model of an “ideal career” has changed dramatically, mentoring practices largely haven’t. The problem is compounded by the fact that many mid-level and senior executives feel trapped in a less than ideal career themselves.

Key concepts covered include:

- The difference between a sponsor and a mentor – and why you can’t be both
- How to define success outside the traditional measures of salary and position
- How to connect personality, passions and strengths into a real career path
- Why your most talented protégés are at greatest risk of career implosion
- The assumptions that sabotage retention efforts, especially with women

Target audience: Managers and protégés looking to maximize the mentoring relationship

Sample Talk: When Wonder Woman Isn't Feeling So Wonderful

Description: Geared for women in management, this talk discusses the mistakes that cause overachievers, and women in particular, to gradually lose faith in their superpowers...and themselves. Told with humor and more empathy than she wished she had, Jennifer delivers effective strategies for avoiding burnout and falling in love with your work all over again.

Praise for Jennifer Gresham

“I have a great income, increasing responsibility, and am respected by my peers and my employers. So, why aren't I excited to go to work each day? Although I am good at what I do and am satisfied most days, I feel like I am miscast in others. I go to work because I "ought" to, not because I can't wait to get there. Jen has helped me realize that **there is a better way to live my life...**”

- *Daria Giron, MomInManagement.com*

“...Jen has a way of **touching our soft spots** and then **motivating us** to get going. Her perfect balance of intuition and logic deliver actionable awareness. It's rare to find a life and career coach with such a rich portfolio of experiences that ensure advice that is practical and grounded. Jen's authenticity and caring are ever-present...”

- *Dawn Lennon, Business Fitness, DawnLennon.wordpress.com*

“Jen often seems to be writing her posts for me. I'm sure it helps that we have relatively similar early career paths (scientist in the military vs engineer at a defense contractor). Either way **she nails it** when she talks about ambition, list making, guilt, and that little nagging voice saying, ‘Hey! Things aren't right!’”

- *Kelly Sieler, UndercoverFeminist.com*