

FROM OVER IT

SPEAKER



TO ON IT

AUTHOR

INTRO SCRIPT / SHORT BIO

Jenny is a speaker, author, and organizational consultant on resiliency, stress, confidence and human performance. She is founder and CEO of PowerHouse Performance and author of the award-winning book, *The Resiliency Revolution: Your Stress Solution for Life, 60 Seconds at Time*. She has spoken on the TEDx stage and is the subject matter expert and spokesperson for several major healthcare organizations.

Jenny has written for Huff Post and you've seen her featured in or on National Public Radio, Fast Company, Entrepreneur, Inc., Health and Shape. She was also the Health & Fitness authority on one of NBC's longest running daytime shows.

Jenny holds a Bachelor of Science in Exercise Physiology with an emphasis on Psychology from the University of Minnesota. In her spare time she's an aerial arts performer... because you never know when you're going to need a backup plan.

Ladies and gentlemen, please help me welcome Jenny Evans!