Jenny Evans is obsessed with human performance and has created a career and life designed around maximizing her own potential, and helping others do the same. With a blend of confidence, creativity, stubbornness and some naïveté
(which is sometimes key), she has gone headlong into following her passion and purpose…and figured out how to make a living while doing it.

Jenny is a keynote speaker, author and on-air expert 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 a Time. Working with thousands of C-suite executives, leaders and employees worldwide, Jenny helps audiences tap into their personal power and confidence, as well as learn how to increase their capacity for stress and to recover from it more quickly and effectively. Clients improve their performance and productivity, all while enhancing their health.

Jenny has spoken on the TEDx stage, is the resiliency subject matter expert for Optum and The Big Know's digital courses, writes as a blogger for The Huffington Post and was an NBC Health & Fitness expert for over four years. She has been quoted on National Public Radio, in Health Magazine and Women's Health, while being showcased on FastCompany.com, Inc.com, Entrepreneur.com, Shape.com and Elle.com.

She holds a Bachelor of Science in Kinesiology with an emphasis on Psychology from the University of Minnesota, has been an American Council on Exercise Certified Personal Trainer and Group Fitness Instructor for over 20 years, and is a certified Exercise Nutritionist. In her spare time she is an aerial arts performer…because you never know when you're going to need a backup plan.

Jenny's corporate client list includes Yale School of Management, Ameriprise Financial, U.S. Bank, AT&T, Estée Lauder Companies, Comcast, Nationwide, Procter & Gamble, Target, and many other Fortune 500 companies.