



# JENNA BANKS

KEYNOTE SPEAKER, EMCEE  
BEST-SELLING AUTHOR & HOST

SPEAKER KIT

# Hi. I'm Jenna!

BEST-SELLING AUTHOR OF "I LOVE ME MORE" & FOUNDER OF POWERFULL WOMEN

## Empowering PowerFULL Women

Imagine the possibilities if more women embraced their power and potential through practices of self-love and self-care.

## Introducing Jenna Banks

Jenna champions women to embrace their self-worth and unlock their full potential. She is the author of the best-selling book **I Love Me More: How to Find Happiness and Success Through Self-Love** and the founder of PowerFULL Women, an organization focused on boosting confidence, resilience, and personal and professional development.



After surviving a traumatic childhood and nearly fatal suicide attempt to become a successful business leader, Jenna is living proof that self-love can transform our lives. Her unique story paired with actionable takeaways make her one of the most relatable, inspiring speakers on women's empowerment today.

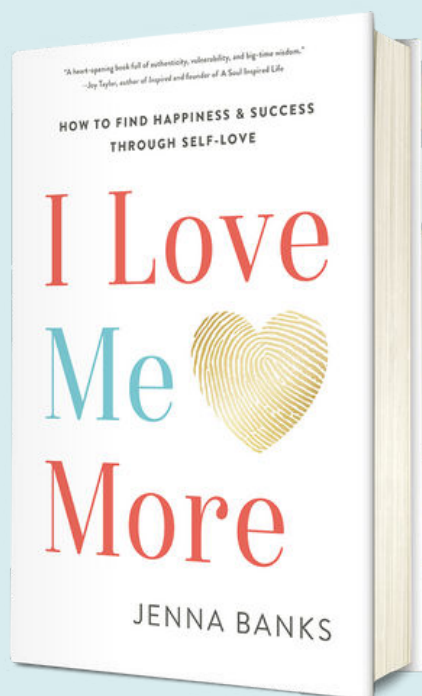
Jenna's mission is to help women embrace their power and potential through practices of self-love and self-care. Her message is especially relished in male-dominated industries where fewer women are in leadership positions, and where stress and eventual burnout cause many women to drop out altogether. Her programs, writing, and speeches cover resilient mindsets, silencing inner critics, setting empowering boundaries, and prioritizing wellbeing and daily self-care.

Jenna's story of a survivor to a confident, successful business leader and entrepreneur resonates deeply with audiences. She delivers practical takeaways with an inspiring message to help women obtain fulfillment in their lives and careers.

Her message of empowerment resonates deeply during these complex times. Jenna's work has been featured in Forbes, ABC, NBC, and other major outlets. She is the host of The Jenna Banks Show video series. Whether through her writing, speaking, or multimedia platforms, Jenna is committed to helping women embrace their power and live life to the fullest.

## I Love Me More: How to Find Happiness and Success Through Self-Love

A guide to why we should first love ourselves and how to go about it



- **Amazon Best-Seller in Self-Esteem**
- **2023 National Indie Excellence Awards: Winner in Women's Health**
- **Goody Business Book Award - Finalist**

Most women have been conditioned to believe that self-love is selfish and self-sacrifice is a virtue. Many focus their desire for love and wholeness outside themselves and onto others, such as their partners, only to feel disappointed when they don't get back what they give.

With **I Love Me More: How to Find Happiness and Success Through Self-Love**, entrepreneur, speaker, and single mom Jenna Banks crushes the myths about how we should relate to ourselves. She wants to help you stop freely giving all your power away and start understanding your worth.

Jenna uses highly relatable examples from her life story to convey important messages about how you can live a fuller, more rewarding life by embracing your own value and power.

Jenna's down-to-earth, personable voice guides you through topics such as defining self-love, the ways we sabotage self-love, how to put yourself first, how to use self-love to be valued at work, how to balance caring for yourself and caring for others, and much more. Following Jenna's lead, you'll learn to embrace your self-worth and unlock your full potential!

### INVITE JENNA TO SPEAK

Jenna is available for keynotes, panel discussions, and book signings. She is a sought-after interviewer, host, and emcee. Her dynamic sessions are customizable and are suited for virtual and in-person sessions.



## SIGNATURE TALKS

### ✓ **Unleashing The Power of Self-Love** ([click to view a clip](#) of this talk)

In this 45-minute keynote, Jenna busts the myth that self-love is selfish and explores some of the saboteurs that prevent us from loving ourselves more. Through personal stories and science-backed research, she provides tactics to break free from self-criticism, guilt and self-judgment and cultivate a kinder inner dialog. Attendees will learn to prioritize self-care, set healthy boundaries, and create more fulfillment in their lives and careers.

- Audiences experience an interactive self-care exercise
- This talk is the perfect companion to her book **I Love Me More**

### ✓ **From \$400 to Fortune: Three Unconventional Insights for Business Success**

Against all odds, Jenna Banks built a business empire from the ground up. As a broke single mom with just a GED, she tapped into her inner resilience to launch a company out of her small apartment armed with only \$400 and a laptop. Through strategic growth and savvy negotiations, she crafted a non-negotiable exit price, successfully selling her bootstrapped business on her terms.

Jenna didn't stop there. While scaling her original venture, she simultaneously nurtured a side hustle in real estate that ultimately netted her massive six-figure profits.

In this raw, inspiring, and uplifting talk, Jenna shares the key insights and unconventional strategies that paved her path to financial freedom and security despite every obstacle.

### **Moderated Conversation – fireside chat**

An engaging and informal discussion with Jenna Banks and an interviewer from your organization. It's a unique opportunity to explore key research and themes from Jenna's book **I Love Me More** and the PowerContainer™ framework in greater depth and with more stories. This interactive session can be customized to your organization and audience.

- Pre-call with Jenna and her conversation partner
- Suggested interview questions are available
- Includes audience Q&A

### ✓ **The Power Container**

In this interactive keynote, Jenna shares her Power Container™ framework to help attendees cultivate resilience, self-acceptance, and daily self-care practices that "recharge" their power. Participants will leave with a renewed sense of empowerment along with tools to establish boundaries, turn struggles into growth, and unlock their full potential.

Jenna's thought-provoking insights, easy-to-understand framework, and captivating storytelling take audiences on a journey from feeling power-LESS to being power-FULL! Perfect for organizations wanting to foster resilience, belonging, and employee retention. Key takeaways:

- Cultivate resilience and self-acceptance
- Establish boundaries and prioritize self-care
- Turn difficult experiences into growth
- Understand and cultivate your power and the importance of charging yourself up daily

### ✓ **PowerMoves: Incorporating Masculine and Feminine Leadership Styles**

In this keynote, Jenna delves into the dynamic interplay of masculine and feminine leadership traits, particularly in male-dominated fields like technology, finance, and automotive. Her research and real-world examples challenge the conventional narrative associating leadership predominantly with masculine traits. This informative session explores how integrating masculine and feminine leadership components is beneficial for managers, leaders, and the organization. She highlights a PowerMove and shows how people who can adapt their leadership style to the situation and their team members' needs can achieve better results than a leader who only relies on one specific leadership style. Attendees will gain insights into:

- Overview of masculine and feminine leadership traits
- Understand the challenges faced by women in leadership
- The rising importance of feminine qualities and embracing "Power with" versus "Power over"
- Practical tips and strategies for leaders (regardless of gender) to incorporate feminine qualities into their leadership style

# Client Love

“Jenna’s message is powerful and inspiring. It’s what the tech community needs right now.”

*Dale Peterson, Founder,  
S4 Cybersecurity Events*

“Jenna gave an outstanding closing keynote for 600 women (and male allies) who attended our sold-out, 2-day annual leadership summit! Her talk on self-love was transformational, her message was engaging from beginning to end, and her energy was infectious!! Honestly, I think this should be a Ted Talk. All women need to hear this message. There was a constant line of attendees waiting to get her book, *I Love Me More* signed at the closing networking event. I wouldn’t hesitate to hire Jenna to speak!”

*Polly Van Duser*  
President of PAYTECH WOMEN

“Jenna gave a highly engaging TED-style talk on the Power Container which deeply connected with our audience at the Atlanta Women’s Leadership Summit. She’s personable, upbeat, flexible, very professional and kept our event flowing well. What more could you ask for in a speaker and emcee.”

*Shelley Taft, Sr. Program  
Director, Executive Summits*

Jenna was such an asset as a guest panelist at our Panasonic Leadership Summit on organizational change management. She brings such a refreshingly powerful and honest perspective to dialogues around culture and business transformation.

*Loretta Monareng, SHRM-SCP  
Global HR Leader, Panasonic*

# Get in Touch

Book Jenna to equip your audience with the mindsets, habits, and knowledge to live more empowered, purpose-filled lives. If you have questions or would like to book Jenna for your next event, drop us a note at: [hello@jenna-banks.com](mailto:hello@jenna-banks.com)

Sign-up for Jenna’s FREE self-love tips & reminders at  
[ilovemenotes.com](http://ilovemenotes.com)