



# JENNIFER C. FOXWORTHY

INSPIRATIONAL LEADERSHIP DEVELOPMENT KEYNOTE SPEAKER

Every organization and leaders are looking for ways to take their employees to the next level ~ new ways to tap their unique talents, develop as leaders and lead their teams.

Jennifer is a retired U.S. Navy veteran, who embodies the Navy core values of "Honor, Courage, and Commitment." It's these key principles that help Jennifer develop her F.I.T. (Focused, Intentional, Thriving) Mindset. She uses real talk and humor to individuals, leaders, and executives so they can remove internal and external barriers that prevent them from being F.I.T.

## LEADERSHIP DEVELOPMENT | TEAM BUILDING | OVERCOMING ADVERSITY

Conferences today need speakers who can inspire and motivate, deliver with humor, and audience engagement. Jennifer's keynotes unlock the new approach on how to tap into the talents within, grow as leaders and lead your teams.

You may laugh, weep, but you will walk out inspired and with a plan of action.

## SIGNATURE KEYNOTES

### ■ GET F.I.T. (FOCUSED, INTENTIONAL AND THRIVING)

Program Delivery: Live Presentation | Virtual Keynote | Live Streaming | Webinar

Future leaders can only lead if they have the right traits and skills. That means they must learn to remove internal and external barriers that prevent them from being focused, intentional, and thriving. (F.I.T.)

### ■ G.U.M.B.O (GREATNESS UNBOUNDED MOVING BEYOND ORDINARY)

Program Delivery: Live Presentation | Virtual Keynote | Live Streaming | Webinar

Using a large pot, utensils, spices and a lemon, Jennifer demonstrates how we all have the resources needed to overcome adversity through this engaging visual presentation.

### ■ UNSTOPPABLE YOU LEGACY

Program Delivery: Live Presentation | Virtual Keynote | Live Streaming | Webinar

This keynote takes the audience on a journey of self-discovery. This enables the leaders to have an opportunity for self-realization and self-awareness that will be beneficial personally and professionally. Overall, once the individual understands their personal potential, they can achieve maximum production at any corporate business or organization.

### ■ LET'S FLY LIKE GEESE: THE VALUE OF THE V FORMATION

Program Delivery: Live Presentation | Virtual Keynote | Live Streaming | Webinar

This presentation uses the flight habits of geese flying in a V formation to demonstrate teambuilding. Jennifer shows management/supervisors and employees how to achieve cohesion, maximum production,

### ■ THRIVING EMPLOYEES AND THRIVING BUSINESS

Program Delivery: Live Presentation | Virtual Keynote | Live Streaming | Webinar

In today's business environment, your employees are your most valuable assets. The thriving employees are the ones who can help you build a sustainable, credible and lasting business.

### ■ THE FOLLOW THROUGH

Program Delivery: Live Presentation | Virtual Keynote | Live Streaming | Webinar

Jennifer uses the analogy of sports and the performance of shooting a basketball or swinging a baseball bat to demonstrate how a good follow through can make the difference of scoring points for your team and winning the game. This is a presentation about commitment and dedication to set goals and stay the course to achieve them.

### ■ ARE YOU MOVING FORWARD? THE 3 R'S TO OVERCOMING ADVERSITY

Program Delivery: Live Presentation | Virtual Keynote | Live Streaming | Webinar

An empowering presentation to motivate the audience to achieve their personal and professional goals through resiliency, regrouping, and rebuilding.



## TESTIMONIALS

"Jennifer's message is true, heartwarming, significant, with a grit that you will admire for a very long time! Oh and did I mention she is hilarious? Well I can assure you will want to hear her message."

~ Kelly Overlander

"Simply put, Jennifer Foxworthy is a phenomenal speaker! Engaging and enlightening, her charismatic charm and witty sense of humor, continually wins over the audience's hearts. She truly loves to help others and that bubbly personality will definitely keep your attention and put a smile on your face."

~ Brian Swanson, Senior Chief Petty Officer, U.S. Navy

"Candid, heartfelt, humorous and encouraging are but a few words that come to mind when describing Jennifer's persona. She has the ability to use herself and experiences in ways that only she can. Jennifer's unique ability to connect with her audience inspires engagement and opens up the door to real dialogue, which is something that every speaker hopes to achieve. If there is such a recipe for inspirational speaking, she's got it."

~ Cordan Daley, MSW, LCSW-C, LTJG, MSC, USN

"Mrs. Foxworthy gave her all when speaking to her audience. She accepted my invitation to speak at Career Team LLC in September during our Friday Motivation Workshops. Our customers are forever changed because of her. She came to motivate and share her story. She encouraged them to plan and live out their purpose. She is unapologetic about her courage, strength and confidence. Her story empowers others to now allow their past predict their future. She is truly an inspirational speaker. Not only were our women encouraged, I too was motivated not to give up my dreams, get out of my own way and get out of my comfort zone. Don't miss out on her message."

~ Kristi Love, Career Specialist, Career Team LLC

## CONNECT WITH JENNIFER C. FOXWORTHY:

🌐 [www.inspirationallyspeaking.com](http://www.inspirationallyspeaking.com)

✉ [jennifer@inspirationallyspeaking.com](mailto:jennifer@inspirationallyspeaking.com)

☎ 410-449-2173

📘 [jenniferfoxworthy.inspirationallyspeaking](https://www.facebook.com/jenniferfoxworthy.inspirationallyspeaking)

🌐 [jenniferfoxworthy](https://www.linkedin.com/company/jenniferfoxworthy)

📍 [inspirationallyspeakingllc](https://www.instagram.com/inspirationallyspeakingllc)

📺 [Inspirationallyspeaking](https://www.youtube.com/channel/UCInspirationallyspeaking)

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