



2023

IN REVIEW



What did you cherish most in 2023?



What was the biggest challenge you faced in 2023?



What did you hope for that didn't come into fruition in 2023?



What unexpected blessings came your way in 2023?



What were your biggest take-aways (lessons) from 2023?



What did you experience that you want to carry forward into 2024?



What were the three significant events in your life (or the world) that made 2023 a memorable year?



What was your Word of the Year in 2023? How did it serve you?



*"Year's end is neither an end nor a beginning,
but a going on, with all the wisdom that life
can instill in us."*

Hal Borland



MORE THAN A COACH



“I have a deep passion for coaching and mentoring clients. My goal is to have their inner values align with their outer world. I work with clients who are open-minded and are seeking personal development and a deeper understanding of their challenges in ways that allow change, integration, and growth. Through listening and supporting each client with compassion and insights, I create a safe environment that allows them to embrace the deep work that comes with transformative growth.”

With Love, Jenny

PRAISES

I have been working with Jenny as my life coach for over 4 years, and I have attended 2 of her retreats with major healing breakthroughs both times. I can't say enough about how much she has changed my life!

Kristin G.

In a few short years, Jenny has helped me identify subconscious behavioral patterns I've used to self-sabotage and remain stuck. She's helped me make sense of why I am the way that I am. I understand myself better because of our work together. I have a sense of clarity about my future that I didn't have a few years ago. If you feel stuck, just give her a call, and go from there. You won't regret it!

Justin P.

I have been in therapy my entire life, while I was functioning dealing with all the trauma I have went through I was never free of it. A lot of unfortunate circumstances came to a head and sent me whirl winding into my past, that is where I found Jenny. My mind and body were literally shutting down and I was drowning in depression. I went to her weekend retreat, and I cannot even begin to put into words what she did for me, she literally saved me.

Geena S.