



Jenni Schaefer



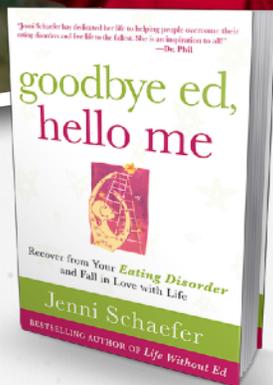
Bestselling Author



International Speaker



Accomplished Songwriter



Jenni Schaefer is one of the foremost motivational speakers of her generation. She has carried her message of self-acceptance and triumph over adversity to the campuses of Harvard and Yale, to corporate leaders and mental health professionals, and to audiences ranging

from teens to seniors, earning an international reputation for her ability to bring just the right insights and approach to each.

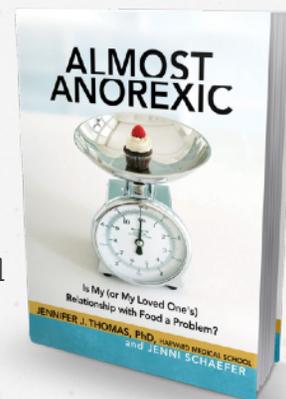
Her own books, her contributions to anthologies like the *Chicken Soup for the Soul* series, appearances on *Today* and *Dr. Oz*, and print coverage from *Cosmopolitan* to *The New York Times*, have carried the message to millions more.

Jenni's straightforward, accessible style as an author, speaker, consultant and coach has made her a role model, source of inspiration, and confidant to people worldwide looking to overcome adversity and flourish as human beings. Dr. Phil McGraw, citing her dedication to helping people live life to the fullest, has called her "an inspiration to all."

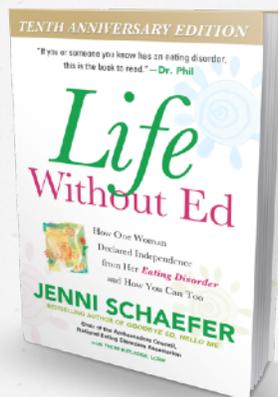
Jenni brings a wealth of knowledge, experience and compassion to each appearance, as well as her trademark sense of humor and her musical background. An active Austin singer-songwriter, she invariably concludes her talks with at least one uplifting song.

"Jenni Schaefer has an important message that all should hear. Her willingness to share the intimate details of her personal journey had a tremendous impact on all the Yale students who heard her speak—and sing!"

Harvey Kliman M.D., Ph.D.,
Yale University School of Medicine



A Collaboration with
Harvard Medical School



"Without doubt, Jenni was engaging, confident, organized and an extremely powerful speaker..."

Hugh H. Fuller, United States Production Manager (ret.), ExxonMobil Corporation

"Jenni Schaefer's frank, funny, and wise way of engaging an audience is unique. Every person in the room feels included, respected, and better informed. She is a treasure."

Laura Collins, Activist and Writer

To bring Jenni to your event:
info@jennischaefer.com

KEYNOTE SPEAKER

- Educational Settings • Community • Mental Health Professionals
- Business + Corporate

JENNI'S LECTURES:

FULFILLED LIVING

It's Okay to be HappySM- Overcoming adversity

Find joy in life. Keep standing—despite the falls.

Perfectly Imperfect: Eating, exercise, and body image

Achieve balance with eating and exercise. Love your body.

Transforming Perfectionism: And doing it right

Overcome perfectionism for a happier, more fulfilled life.

Dream Big: Don't have a backup plan

Discover and move toward your passions.

EATING DISORDERS

Goodbye Ed, Hello Me[®]- From recovery to liberation

Recover from your eating disorder and fall in love with life.

Life Without Ed[®]- Independence from eating disorders

The nuts and bolts of eating disorders and recovery.

Almost Anorexic: Do you have an “Ed” in your head?

A unique look at subclinical eating disorders and how to find freedom.

Recovered.[®]- Don't Settle for Mediocre

Move from being “in recovery” from your eating disorder to “fully recovered.”

Jenni is Chair of the Ambassadors Council of the National Eating Disorders Association (NEDA).

She has been awarded NEDA's Westin Family Award for Excellence in Advocacy and Activism.

TRAUMA & POSTTRAUMATIC STRESS DISORDER

Stronger than Before: Getting Past Your Past

Lessons learned from posttraumatic stress disorder.

Trauma, PTSD, and Eating Disorders: A Personal Journey

Moving past an eating disorder and posttraumatic stress disorder.

Jenni's next book, which will be released in 2020 by Houghton Mifflin Harcourt, is about recovery from PTSD.

Over the past fifteen years, Jenni has presented over 1,000 times in a diverse array of settings. She will happily tailor her talk to meet your needs. To best fit your specific audience, presentation titles can be edited. Jenni is also open to speaking about additional topics as well as combining presentations. We look forward to working with you.



For a complete list of topics and descriptions and to watch Jenni's speaking reel, visit www.JenniSchaefer.com.