

Women IN BUSINESS



**JENNIFER
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Life Coach & Hypnotherapist



HOW LONG HAVE YOU BEEN IN YOUR LINE OF WORK AND WHAT GOT *you* STARTED?

"I've been in the life coaching industry full-time for about three years. Before that, I owned the Healthy Hub and was doing massage, so still in the wellness industry, I kept building and transforming. What got me started was my own healing with nutrition and health so my first certifications outside of massage were within nutrition and health. After I became a health coach and started working with clients I quickly got into the psychology of things because it's a lot harder than 'eat this, not that', there are a lot of emotions and subconscious beliefs, blocks, unhealed trauma, and mental health issues.

I desired tools to help people move through those deeper issues that were not allowing them to eat or show up in a way they wanted to for their health and wellbeing. So, that caused me to go into life coaching categories like hypnotherapy, breathwork, NLP, and now embodiment. So, it's a lot of tools and techniques, and skills to have for a whole person."

WHAT WOULD YOU TELL *your* YOUNGER SELF?

"I love that question! I would tell my younger self it's important the people you surround yourself with. And surround yourself with people that lift you, that is going after what it is they desire in life and that makes you feel good rather than dragging you down.

Choose your circle very wisely. You're the average of the five people you hang around most. You want to have people you share values with."

WHAT PIECE OF PROFESSIONAL ADVICE HAS HELPED YOU IN *your* CAREER?

"It's really about trust. Trusting yourself, trusting the process, trusting your gut instincts of what you want to go for and go for that and things will be figured out along the way.

So, I think it's really about trusting yourself fully that helped me the most. Trust myself to make mistakes, learn and keep going!"

WHAT ADVICE WOULD YOU GIVE FUTURE *women* LEADERS?

"Know your values and stick with
your integrity and authenticity. "



WHO IN SEASIDE THAT IS A WOMAN IN BUSINESS INSPIRES *you?*

"I know she said me but **Michelle Hawken** with Seaside Coffee House. She is all about community, she gives so much and you can tell she is in alignment with her values growth, and community.

She always wants to give back and is really caring about her community which is really inspiring. "