

FROM OVER IT

SPEAKER



TO ON IT

AUTHOR

Jenny Evans is CEO of Powerhouse Performance and the award-winning author of the book *The Resiliency Revolution: Your Stress Solution for Life, 60 Seconds at Time*. She has spoken on the TEDx stage and is the subject matter expert and spokesperson for several organizations.

Jenny has written for Huff Post and you've seen her featured in or on National Public Radio, Fast Company, Entrepreneur, Inc., Health and Shape. She was also the Health & Fitness authority longest running daytime shows.

Jenny holds a Bachelor of Science in Exercise Physiology with an emphasis on Psychology from the University of Minnesota. In her spare time she's an aerial arts performer... because you never you're going to need a backup plan.

Ladies and gentlemen, please help me welcome Jenny Evans!