JENNA BANKS

SPEAKER KIT

KEYNOTE SPEAKER
BEST-SELLING AUTHOR, EMCEE,
MODERATOR & FACILITATOR

Forbes NRA BankofAmerica abc Panasonic

Hi. I'm Jenna!

BEST-SELLING AUTHOR OF "I LOVE ME MORE" & HOST OF THE JENNA BANKS SHOW

Jenna Banks brings a dynamic blend of **inspiration, facilitation expertise**, and audience engagement to every stage she steps on—whether it's a conference, corporate event, leadership summit, or virtual gathering. As a **Best-Selling Author**, professionally trained **Keynote Speaker**, **Event Emcee, Moderator**, and **Facilitator**, Jenna partners with organizations to create experiences that **spark meaningful conversations, foster deep connections, and leave attendees with practical tools for growth.**

With a passion for both **empowering individuals** and **enhancing event experiences**, Jenna's work spans across industries, including **cybersecurity, life sciences, fintech, software development, payments, and women's leadership**, making her a versatile and in-demand presence for live, virtual, and hybrid events.

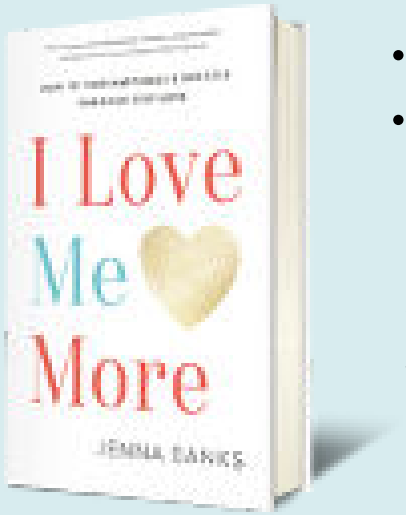
Her unique skill set allows her to **seamlessly shift between delivering impactful keynotes, moderating insightful panels, and facilitating interactive sessions that transform traditional gatherings into vibrant hubs of creativity, collaboration, and belonging.** Whether guiding executive roundtables, leading innovation workshops, or hosting small - large scale conferences, Jenna's approachable style, sharp insights, and well-crafted questions inspire, engagement, participation and unlock creative thinking.

Jenna's work has been featured in **Forbes, ABC, NBC**, and more, and her clients range from national corporations like **Bank of America and Panasonic to innovative organizations like Plug & Play and Grid Dynamics**. With certifications from **Heroic Public Speaking** and facilitation training in the **Xchange Approach**, Jenna brings the perfect combination of **stage presence, conversational choreography, and audience engagement techniques** to elevate your next event.

Based in Atlanta, GA, Jenna travels easily throughout the U.S. and abroad.

I Love Me More: How to Find Happiness and Success Through Self-Love

A guide to why we should first love ourselves and how to go about it



- **Amazon Best-Seller in Self-Esteem, Happiness & Personal Transformation**
- **2023 National Indie Excellence Awards: Winner in Women's Health**
- **A Viral Hit On TikTok**

Most women have been conditioned to believe that self-love is selfish and self-sacrifice is a virtue. Many focus their desire for love and wholeness outside themselves and onto others, such as their partners, only to feel disappointed when they don't get back what they give.

With **I Love Me More: How to Find Happiness and Success Through Self-Love**, entrepreneur, speaker, and single mom Jenna Banks crushes the myths about how we should relate to ourselves. She wants to help you stop freely giving all your power away and start understanding your worth.

Jenna uses highly relatable examples from her life story to convey important messages about how you can live a fuller, more rewarding life by embracing your own value and power.

Jenna's down-to-earth, personable voice guides you through topics such as defining self-love, the ways we sabotage self-love, how to put yourself first, how to use self-love to be valued at work, how to balance caring for yourself and caring for others, and much more. Following Jenna's lead, you'll learn to embrace your self-worth and unlock your full potential!

INVITE JENNA TO SPEAK

Jenna is available for keynotes, panel discussions, fireside chats and book signings. She is also a sought-after moderator, event facilitator, and emcee. Her dynamic sessions are customizable and are suited for virtual and in-person sessions.

SIGNATURE TALKS

✓ Unleashing the Power of Self-Love: A Catalyst for Women's Leadership Success (click to view a clip of this talk)

In a world that often demands women to prioritize others over themselves, the journey to self-love can feel like an elusive goal. In this empowering keynote, Jenna Banks will shatter the myth that self-love is selfish and reveal it as the critical foundation for authentic and effective leadership. Drawing from her own transformative experiences and hard-won insights, Jenna will guide you through the common pitfalls that undermine self-love, such as societal conditioning, guilt, and the inability to say "no."

By embracing self-love, women leaders can cultivate a kinder inner dialogue, set healthier boundaries, and ultimately supercharge their careers and personal lives. This talk will equip you with practical strategies to overcome self-sabotage, foster deeper self-respect, and step into your leadership roles with renewed confidence and energy. You'll leave with actionable tools to build meaningful relationships, prevent burnout, and achieve the fulfillment and success you deserve.

- Audiences experience an interactive self-care exercise
- This talk is the perfect companion to her book **I Love Me More**

✓ Building Unshakable Confidence: The Key to Unlocking Your Career Potential

This interactive keynote is designed to help professionals in technical fields—especially those in engineering and innovation—develop the confidence they need to fully own their expertise, advocate for themselves, and advance their careers. While technical skills are essential, it's often confidence and the ability to communicate value that separates high achievers from those who remain overlooked.

Through a mix of engaging audience interactions, real-life stories, and research-backed strategies, this session equips attendees with practical tools they can immediately apply to:

- **Confidently articulate their accomplishments** without downplaying or self-deprecating.
- **Overcome imposter syndrome** and limiting beliefs that hold them back from pursuing leadership opportunities.
- **Embrace their unique strengths** instead of falling into the comparison trap..
- **Adopt a growth mindset**, so they can take on new challenges with courage and curiosity.
- **Project confidence in high-stakes moments**, whether presenting, interviewing, or stepping into new roles.

SIGNATURE TALKS

Be the CEO of Your Career: Fueling Success Through Proactivity

In today's fast-paced work environment, the difference between a stagnant career and a thriving one often boils down to one critical factor: proactivity. Jenna Banks' insightful keynote, "Be the CEO of Your Career: Fueling Success Through Proactivity" delves into the transformative power of taking the wheel in the drivers seat of your professional journey. Jenna provides a compelling framework that guides employees on how to actively shape their career success, including:

- The Power of Ownership
- Documenting Achievements
- Maximizing Internal Resources
- Proactive Strategies for Success

Using a combination of inspiring examples of individuals who have propelled their careers forward by embracing a proactive mindset, along with compelling research and success strategies, this keynote will motivate employees to take decisive action and ownership of their professional growth.

Thriving Through Change: Embracing Adaptability & Resilience As Super-Powers

In a world where change is the only constant, the ability to adapt and remain resilient are both vital assets for individuals at all levels. These two super-powers hold the key to thriving in today's ever-evolving business landscape. In this transformative keynote, Jenna Banks will guide attendees through the essentials of becoming personally adaptable and resilient. You will learn how to embrace change with confidence, turn challenges into opportunities, and navigate transitions with ease and grace.

Key Takeaways include:

- Understanding Change Dynamics
- Building Personal Resilience
- Integrating An Adaptive Mindset
- Practical Tools for Adaptation

Using a combination of relatable, real-world stories, compelling research and practical strategies, Jenna Banks empowers attendees to become adaptable and resilient, ready to thrive in the face of constant change. Let's turn uncertainty into a source of personal growth and career success, embracing change with confidence and grace.

SIGNATURE TALKS

Be PowerFULL: Harnessing The Power Within You

In today's demanding world, the key to a fulfilling and impactful life often hinges on one essential element: harnessing true power from within. Jenna Banks' enlightening keynote, “Be PowerFULL: Unleashing The Power Within" explores the profound effect of embracing self-care and setting strong boundaries.

This talk introduces the Power Container Framework, a transformative concept that helps women understand how their energy is drained and how to recharge it effectively. Jenna provides an empowering guide that shows women how to reclaim their inner strength and navigate both personal and professional challenges.

Attendees will discover:

- The Power Container Framework: Learn how to identify energy drains and implement regular recharging practices.
- Setting Boundaries: Techniques for setting effective boundaries without appearing aggressive.
- Valuing Time and Attention: Strategies to advocate for oneself and communicate individual achievements.
- Overcoming Imposter Syndrome: Recognize and address feelings of inadequacy and self-doubt.
- Self-Care Practices: Daily practices to recharge energy and maintain a positive mindset.
- Celebrating Wins: The importance of acknowledging and celebrating both small and large accomplishments.

Using a blend of inspiring personal stories, compelling research, and practical strategies, this keynote will empower women to take decisive action towards loving themselves more, setting boundaries, and maintaining their inner power.

Customized Talks & Interactive Facilitated Sessions

As a graduate of Heroic Public Speaking, a trained facilitator using the Xchange Approach, and avid researcher, Jenna specializes in creating custom talks tailored to your event's theme and audience needs. Her sessions are highly interactive, fostering a sense of community and belonging that ensures attendees leave feeling educated, inspired and connected.

- Customizable content to align with your event theme and audience demographics.
- Highly interactive sessions designed to engage participants & encourage active participation.

Client Love

"Jenna gave an outstanding closing keynote for 600 women (and male allies) who attended our sold-out, 2-day annual leadership summit! Her talk on self-love was transformational, her message was engaging from beginning to end, and her energy was infectious!! Honestly, I think this should be a Ted Talk. All women need to hear this message. There was a constant line of attendees waiting to get her book, I Love Me More signed at the closing networking event. I wouldn't hesitate to hire Jenna to speak!"

Polly Van Duser
President of PAYTECH WOMEN

"Jenna's message is powerful and Inspiring. It's what the tech community needs right now."

Dale Peterson, Founder,
S4 Cybersecurity Events

"Jenna stepped in as our moderator and facilitator, and wow, did she impress us all! She was everything we could have hoped for and then some. Her moderation skills? Top-notch. Jenna has this incredible knack for making everyone feel at ease, blending professionalism with a personal touch that made the sessions not just informative but also super engaging. Jenna's contribution to the success of our event was immeasurable. She brought a level of warmth and inclusivity that truly set the tone for the entire summit. We're beyond grateful for her fantastic work and can't wait to collaborate again."

Jennifer Newton
CEO, National Association of Black Compliance & Risk Management Professionals

Get in Touch

Book Jenna to equip your audience with the mindsets, habits, and knowledge to live more empowered, purpose-filled lives. If you have questions or would like to book Jenna for your next event, drop us a note at: **hello@jennabanks.com**
or click the link to book a discovery call now

Sign-up for Jenna's FREE self-love tips & reminders at ilovemenotes.com