



Jennifer Lyall

INTUITIVE BUSINESS MENTOR
& CHIEF ENERGY OPTIMIZER

Jennifer helps entrepreneurs improve profits and productivity with a foundation of good energy and mindful spiritual practices.

After witnessing so many people not making any progress after they've learned new wellness initiatives, Jennifer created **My Energy Check™** a simple energy awareness tool that makes wellness a habit.

My Energy Check™ teaches mindfulness in action. It's based on

Jennifer's broad research, training and experience, which includes: meditation, energy work, breathing techniques, gratitude, nature immersion, journaling and intuition.

Managing your energy and how you show up is a high performance habit. It means taking responsibility for how you feel physically, mentally, emotionally and spiritually: with your clients, co-workers, family and friends.

As you expand your personal awareness, you can take mindful action to boost your energy when it feels low. This impacts your focus, productivity and happiness. It also heightens your intuition helping you make decisions more confidently.

Since 2008 Jennifer has been inspiring people to take responsibility for their well being. She's accomplished this through her videos, corporate wellness initiatives, workshops, mentorship programs and interviews on TV, radio, telesummits and podcasts.



JENNIFER'S MOST POPULAR MEDIA TOPICS

✓ **How to Be Happier and More Productive** - Listeners are guided through My Energy Check™, an easy to implement energy awareness tool that is as simple as checking your phone battery, allowing you to maximize your energy & get more done!

Value add for the audience - My Energy Check™ is a high performance habit, master this habit and watch your productivity & happiness will skyrocket!

✓ **Make Intuitive Decisions with Confidence** - Using intuition is a key factor in entrepreneurial decision-making. Learn how to balance the logical mind with your gut instinct to make decisions confidently.

Value add for the audience - Understand your dominant intuitive sense to recognize how your intuition speaks to you.

✓ **Too Many Ideas, Not Enough Time** - Overwhelmed with too many ideas and not making progress with any of them? Learn how to pick the best ideas that will gain the most traction and income in your business.

Value add for the audience - Participants will be guided through a process to easily prioritize their ideas right now.



PRAISE

"Jennifer is engaging, informative and she is clear with her message. One of my favourite people to interview! Her episode is a popular download." **Jane Wilson, Reclaim Your Spark Podcast**

"The ladies at the station loved Jennifer! She was relatable to my listeners and shared some really easy tips that can actually help. Already booked her again!" **Wayne Kelly, EZ Rock Morning Show**

CONTACT

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