

Author | Speaker | Coach

Dr. Elizabeth Jennings

OTD, CEC, CODC

Inspiring & Empowering Greatness

In kids, teens, adults & veterans for communities, workplace, and schools



Dr. Elizabeth Jennings, OTD, CEC, CODC is a mental health advocate, certified integrative wellness life/business/grief coach, author, speaker, and occupational therapist. While working full time in the local school district as an Occupational Therapist, Dr. Jennings started her own thriving life coaching business, Remember You Matter. Dr. Jennings is the founder of Boys Matter to Men Mentorship, and she leads a local military course in her community that is well known all around the United States, Reboot Combat Recovery.

Dr. Jennings has helped numerous kids, teens, and parents learn to understand their identity, impact, and significance in life and develop mental resilience. She has authored multiple books to inspire and support children and teens with tools to manage anxiety and depression, help individuals cope with grief and loss, adapt to their new normal, and live their best life. Through her life coaching experience and education, Dr. Jennings currently empowers children, teens, young adults, educators, and parents using practical mindfulness strategies and tools to overcome and manage stress and obstacles, reduce feeling overwhelmed, and adapt a positive outlook and balanced lifestyle.



PRESENTATION TOPICS

Soft Skills Training

- Effective Communication
- Collaboration and Conflict Management
- Self-Motivation
- Empathy among Teams
- Stress management
- Adaptability and Change in Work Environment

Empowerment Topics

- Believe in Yourself
- I Matter
- Be "You"nique Embracing the Real You
- Born Different but Wonderfully Made
- Crushing Stinking Thinking
- Your Life is Worth Living

Book Dr. Jennings Today!

- **Coaching Services**
- **Motivational/Keynote**
- **Employee Training**
- **Conflict Resolution**
- **Team Building**

