

## Motivational speaker

### Jenny Garrett, award winning coach, speaker and trainer

Jenny is a Freeman of the Guild of Entrepreneurs – City of London and was listed in Brummell Magazines Top 30 City Innovators 2016.

Jenny works with individuals and organisations, using her unique combination of skills around gender balance, leadership and self-improvement to inspire and empower, achieving career and life changing results beyond expectation.

She is best known for her work empowering working women, particularly female breadwinners, through her Amazon bestselling book, *'Rocking Your Role'*. Her expertise in self-improvement and personal development for leaders, and her work equipping teens with the skills that leaders of the future will need through her social enterprise, *'Rocking Ur Teens'*.

She has reached an audience of over 30,000 through her speaking engagements, including two TEDx Talks, and coached individuals all over the globe from Australia, to Botswana, the US, Mexico, Spain and the UK, with over 4,000 coaching hours under her belt.

Her most recent clients include MasterCard, Ernst & Young, the NHS and the National Union of Students (NUS).

Jenny is a regular commentator on Sky News and LBC radio, and has been featured on BBC Radio 4 Woman's Hour, BBC Radio London & The Telegraph amongst many others.

Jenny started off from humble beginnings, growing up in a council estate in North West London to a teen Mum. She has been able to surpass expectations of her through tenacity, hard work and optimism.

Due to financial constraints, she studied 5 years part time while also working full time to achieve her business degree and then went on to complete a masters degree part time while running her business and having a young daughter. Her husband has been an invaluable support and an unsung hero in her success. He has enabled her to shine and allowed their story to be shared in her book.

She has not been afraid to be vulnerable, sharing her experience of being a female breadwinner in her book, and in the media has enabled other women to do the same and get an important topic discussed among women and men in order to improve things for everyone.