

# Jen Vertanen

Mentoring for women asking, "What's next?".

Charismatic in a non-creepy televangelist way, energetic, transparent, funny, & an open book. I love sharing stories of overcoming loneliness, healing my ish, and helping others do the same



## I deeply believe in...

- Being your own hero
- Doing the work to heal *whatever* is standing in your way because *wherever you go, there you are*
- A strong bias for intentional, aligned action
- You're never too old and it's never too late but you do kind of need to get going

**My secret sauce:** I finally started healing my ish when I tapped into the vision of my 80-yo self who was living & loving the hell out of herself & her life and **my mission became becoming this version of me.** It's now the first step in my mentoring program

My audience is full of **pretty cool, mostly professional and/or entrepreneurial women** who value authenticity, an ability to go deep quickly, irreverent humor, and a willingness to "go there" and talk about the things that truly matter

I share how I overcame decades of loneliness (stemming from an emotionally abusive childhood)...

*Jen has a magical way of getting right into the crevasse of an issue and lovingly help you crack it wide open so it can properly heal...*

*a happy client*

...and almost walking away from my marriage & realizing the ginormous mistake I was making at the 11th hour...

...healing my marriage & feeling fairly fragile when my mom sent an email sweeping allll the abuse under the rug...

...and losing my parents 9 months apart and how it opened up new layers of healing I never realized were there