



Jennifer Slay

Co-founder of All Women L.E.A.D and AWL Partners,
Psychotherapist, EDI Consultant

FIND ME ON...

✉ jen@awlpartners.com

in [allwomenlead](https://www.allwomenlead.com)

🌐 [awlpartners.com](https://www.awlpartners.com)

TESTIMONIAL:

"Jennifer Slay will take your audience on a journey. With her kind and engaging voice, her stories of strength and her engaging presence, your audience will think, believe and move toward goals and hopes for their future. Jennifer can raise energy and build confidence with her topics of motivation and inspiration. Don't miss an opportunity to book the speaker that will leave your audience wanting to be more and do more in their lives. Thank you Jennifer for sharing your stories to help us understand our stories".

Sarah Hilton - CEO of Stressed out Solutions

SEEN ON...



Jennifer Slay is an award-winning psychotherapist, keynote speaker, and co-founder of AWL Partners, a national firm helping teams thrive through mental wellness, leadership, and emotionally intelligent workplace strategies. With 20+ years of experience, she's known for her straight talk, humour, and ability to make tough topics, like stress and burnout, feel relatable and actionable. Jennifer helps organizations shift culture, reduce stigma, and deliver real tools for resilience and lasting impact.

SPEAKING TOPICS

Learn to R.A.P., Learn to Live: In this high-energy, transformative keynote, Jen introduces her powerful R.A.P. framework: Release fear, Adapt, and Push. Through storytelling, humour, and neuroscience, she shows audiences how to let go of limiting beliefs, embrace flexibility, and take bold action toward their goals. Participants leave with practical tools for courage, adaptability, and self-awareness.

Calm in the Chaos: Blending science, storytelling, and soul, this talk helps audiences move from burnout to balance. Jen reveals the L.I.E.S. (Lyrics Intended to Empower Shrinking) we tell ourselves, like "I'm fine", and replaces them with strategies rooted in emotional intelligence, mindfulness, and cognitive reframing. Audiences walk away feeling seen, re-energized, and equipped to find calm amidst life's storms.

You are Bamboo: A powerful message of resilience, adaptability, and authentic leadership. Using the metaphor of a bamboo - strong yet flexible - Jen challenges audiences to bend without breaking, leverage their strengths, and lead with empathy. Perfect for students, emerging leaders, and organizations navigating change, this keynote inspires growth through self-awareness, community, and perseverance.

Excellence - Live It. Breathe It. Understand It: Where does our sense of pride come from? Many would say their ancestry, their life experiences, and maybe even their achievements, but what if the answer was that our sense of pride comes from our DNA? During this powerful, educational, and engaging talk, Jennifer pulls from her pride of being a black woman to talk about black history, or rather, world history. During this talk, Jennifer shares and teaches about black history beyond slavery. She touches on epigenetics and how it influences individuals today. Most importantly she discusses the process of healing and how to move forward in a powerful and unified manner - together.