

JENNIFER SHEPHARD LESTER

# *The Self-Help Queen*

MOTIVATIONAL SPEAKER - COACH - DREAM CATCHER

# I Am...

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**A** native of Atlanta, Georgia- Jennifer Shephard Lester is a psychotherapist, child advocate, entrepreneur, certified life coach and motivational speaker. For more than 15 years, Jennifer has been a leader in behavioral change. Jennifer combines a Master's degree in Psychology from Georgia School of Professional Psychology with a Bachelor's in Psychology from Clark Atlanta University. She was featured as one of Atlanta's top DOCTORS & HEALTH CARE PROFESSIONALS in Who's Who in Black Atlanta™ 15th Edition for her outstanding work in mental health.

In 2008, Lester established the Purpose Project, LLC: a multidisciplinary behavioral healthcare practice that offers mental health services, life coaching, career counseling, leadership training and nonprofit management. As a Licensed Professional Counselor, she uses a Cognitive-Behavioral theoretical approach to insure clinically sound and culturally competent practices. Jennifer has been able to bring about noticeable change with clients in various settings and at different levels. Her anecdote is simple; the journey starts by uncovering habits and hang-ups,

recovering purpose and passion, and discovering a path to "Find Your Amazing."

As a philanthropist, Jennifer is the Executive Director of the Big Kidz Foundation; an Arts-focused youth development organization that was founded by Antwan "Big Boi" Patton of the iconic rap group Outkast. Along with being a member of Delta Sigma Theta Sorority, Incorporated and The National Coalition of 100 Black Women, this spirited leader also serves on several boards and committees. Jennifer's dedication to improving local communities and empowering others has landed her many awards, honors and recognitions.

In addition to having a top-rated weekly podcast, The Purpose Project Podcast, she has been featured on iTunes' New and Noteworthy and seen on BET, AspireTV and Centric TV to name a few. Jennifer's forward-thinking and unorthodox practices have captured audiences around the globe. She truly believes that if you have the courage to follow your heart and live intentionally, you can change the world by changing the one person who matters most - you. Thus, the best PROJECT you'll ever work on is you!



# Speaking Topics

*“Jennifer Lester has electrifying energy that is conveyed in every speech and training.”*

## **Find Your Amazing**

Move your life from Good to Great to Amazing! When you combine Purpose with Passion amazing things happen!

## **Abracadabra!**

Unleash Your Magic. Use the Power of words and thought to create a magical life.

## **Purpose Planned Business**

Stop Sketching and Start Building. Turn your Purpose into to Profit! Build a company that allows you to share your giftedness with the world.

## **Bloom Where You're Planted**

Be Great Where You Are! If you're waiting for the perfect time to start... the time is now!

## **Control + Alt + Delete**

Unclutter, Reboot and Reset your personal life's operating system. What's running in your background that's causing your system not to operate to its full potential?

## **Are You the Slave or the Master?**

Take Control of Your Life! Stop being lead and controlled by things that keep you enslaved.

## **Motion Doesn't Mean Progress**

Know the difference between "Motion" and "Progress". Get the "Cure" for the "Rocking Horse" syndrome. Use Goal-Setting to starting making progress.

## **Stop Watering Dead Plants**

LET IT GO! It's time to move on! Letting go can be hard; you have to accept what is, and let go of what was. We don't get over the past, we get pass it.

## **You Didn't Come this Far to Come this Far**

Never Give Up. Failure is not fatal and Success is not final. It's the courage to continue that counts! If you are thinking about giving up, remember "why" you started.

## **Hustle and Heart (FearLESS)**

Have Courage and just jump! In order to reach your destination, sometimes a Leap of Faith is the only method of transportation.



# What People are Saying...

As the Chief Empowerment Officer (CEO) of Purpose Project, Jennifer has had the opportunity to motivate, empower and facilitate change through trainings and speaking. Noted as a leading motivational speaker, she has worked with many companies to deliver a powerful yet practical message that fosters personal and professional growth.



**"This is the most fun that we've had in a training! Jennifer connected with the team and gave life changing strategies on how to change our community, starting with us"**

**Keith Barksdale,**  
Partnership for  
Community Action

**"Jennifer is truly an inspiration to hear speak. She is captivating and motivating! She was the perfect speaker to address work life balance for women"**

**Gayle Cabrera**  
BB&T Bank,  
Vice President

**"I felt that Ms. Lester was talking directly to me. Everything she said was exactly what I needed to move me to the next level."**

**Chasity Melvin,**  
WNBA,  
Professional Basketball Player,

**"Jennifer helped put me on the path to healing. She is my "mind manager." Meeting her was one of the best things that happened to me on the TV Show"**

**Chrystale Wilson,**  
Actress, Producer,  
Writer.

**"Jennifer was a pleasure to meet. Her light shines soo bright. She is a World Changer."**

**Shavon Sellers,**  
Author, speaker, CEO.  
Ultimate Retreat Bahamas

# Contact, Connect, Book Jennifer Lester

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