

A woman is sitting on a white chair in a room. She is wearing a dark top and dark pants. She is pointing her right hand towards the camera. In the background, there is a poster on the wall that says "REMEMBER! INTEGRATE! ACT! KING'S LEGACY OF PEACE FOR OUR WORLD". The entire image has a blue tint.

JENNIFER SHEPHARD LESTER

# *The Self-Help Queen*

MOTIVATIONAL SPEAKER - COACH - DREAM CATCHER - AUTHOR

# I Am...

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**A**ffectionately known as the “Self-Help Queen”, Jennifer Shephard Lester is a psychotherapist, child advocate, entrepreneur, life coach, motivational speaker and author. For more than 15 years, she has been a leader in behavioral change working with federal programs and in private practice. Jennifer combines a master’s degree in psychology from Georgia School of Professional Psychology with a bachelor’s degree in psychology from Clark Atlanta University. She was featured as one of Atlanta’s top DOCTORS & HEALTHCARE PROFESSIONALS in *Who’s Who in Black Atlanta*™ 15<sup>th</sup> Edition for her work in mental health.

In 2008, Lester established the Purpose Project, LLC: a multidisciplinary behavioral healthcare practice that offers mental health services, life coaching, 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. Her focus is on helping others discover their purpose, work in their passion and “find their amazing.”

As a philanthropist, Jennifer serves as the executive director of the Big Kidz Foundation; an arts-focused youth empowerment 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 March 2017, Lester released her first book ‘14 Ways to Find Your Amazing: *When Passion and Purpose Collide*’. This transformative book shares 14 crucial steps to set you on your journey to find your amazing, the thing that truly makes you *special* and *significant*. In addition to having a top-rated weekly podcast, the Purpose Project Podcast, she has been featured on iTunes’-New and Noteworthy, seen on BET, Aspire TV 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.



# 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)

Get the courage you need to 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

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