

JEN GROSSO

High Performance Consultant
& Confidence Expert



SPEAKING TOPICS

Biohacking Confidence

Body & Mind Tools to Lead with Confidence and Boost Wellbeing

Energy Mastery for Radical Resilience

Conquer Overwhelm & Burnout in High Pressure Positions

Chaos to Confidence™

A Neuroscience-Backed, Proven Path for Leaders to Master their Mental Game and Embody Deep, Authentic Confidence

Decision-Making Energetics

The Art & Science of Effective Decision Making Using the Power of Energetics

The Gift of Imposter Syndrome

Tools & Mindset Shifts to Get Into Action

As a popular speaker & podcast guest, Jen Grosso is known for her energetic & engaging talks that infuse practicality with empathy, rich storytelling & fun.

Jen is a recovering attorney who became an entrepreneur in multiple Industries after burning out in Big Law. She is now on a mission to bring the Human Factor back to business.

As a certified coach & consultant, Jen marries 25 years of practical business experience with her expertise in fitness and wellbeing. She helps top performers in high pressure positions optimize their brain, body & business for Confident Flow™ without burnout.



"Jen was fantastic."

"Brilliantly provocative."

"Wow. Jen completely over delivered."

"It's our most downloaded episode. It was so valuable."

"I could really feel my energy shift when we did the exercises."



"This was the best business plan workshop we had participated in."
DAWN AFANADOR, Dir. of Marketing & Business Development, CSG LAW


"Today's talk on Imposter Syndrome was soooooooo good."
ANDREA PALTEN Podcast Host & Founder of IMPACT MARKETING


"The applicability of the Confidence Lab is endless. Loved it."
ELIZABETH A. PETER, JD/MBA, GNY Ins.

"Jen is a top-tiered strategies coach & an informative & highly engaging speaker, with an approachable and compassionate personality. We highly recommend her."
Office of the Dir. of Academic Development GSA, RUTGERS UNIVERSITY

TESTIMONIALS

CONNECT & BOOK JEN TO SPEAK

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Also Available for Virtual Talks & Podcast Interviews