

Jennifer Ballou Biography & High Resolution Photos

Creating a practical roadmap of strategies for building a resilient and joyful life, is at the heart of the work that 21-year Army Veteran and Resilience Training Expert Jennifer Ballou has been doing for almost two decades.

Jennifer served for almost 21 years in the US Army, where she held numerous leadership positions throughout her Army career that culminated in her role as the Senior Enlisted Advisor of the United States Army Resilience Directorate, Army G1, Pentagon. In this role she oversaw the entire Resilience Program worldwide, including a staff of over 200 personnel and a budget of \$60M. Jennifer helped develop resilience curricula and oversaw the planning and execution of all the resilience training across the Army worldwide, ultimately training thousands.

She also developed a resilience course for Army leaders -- over 800 courses and approximately 5,000 people taught, including courses for Soldiers and their Families. Jennifer has also written numerous articles on resilience and well-being and has appeared in several videos for the Department of Defense's Operation Live Well Campaign.

Throughout her career, Jennifer graduated from numerous military courses, to include the Master Resilience Assistant Primary Instructor Course, Master Resilience Facilitator Training Course, Master Resilience Training Course, Basic Airborne School, Battle Staff NCO Course, Instructor Training Course and many others. Additional professional achievements include induction into the Order of Medical Military Merit, membership in the Sergeant Audie Murphy Club and 2002 Europe Regional Dental Command NCO of the Year. She also holds a Bachelor of Science degree in Business Administration.

Jennifer's awards and decorations include the Secretary of the Army Public Service Award, the Legion of Merit, Meritorious Service Medal with bronze oak leaf cluster and numerous others. She also earned the Expert Field Medical Badge.

Additionally, Jennifer is a Certified Professional Life Coach and the Founder and CEO of A Joyful Life With Jennifer, LLC helping women Veterans and their families navigate life changes while living a whole and joyful life. She is also a 200-hour Registered Yoga Teacher, trained through the Guiding Wellness Institute and Life Moves Yoga, specializing in trauma sensitive, therapeutic and adaptive yoga. Jennifer is also a Warriors at Ease level 2 teacher, a certified BIRTHFIT Coach and CrossFit Level 2 Trainer, sharing her passion for health and fitness with others.

Jennifer is the wife of CSM Omari Ballou and has three children, Alexis, Eddie and Sophia.







