

Jen Rigley
Speaker and Media Kit



**International Speaker
Best-Selling Author
Thought Leader**

Meet Jen Rigley

Speaker, Author, Thought Leader

Jen inspires audiences to create a new story for their life.

Jen is a transformational speaker, author, and founder of Flourishing Over Fifty®, dedicated to helping people rise after life's biggest challenges. From childhood trauma to career upheaval, caregiving, loss, and reinvention, she has lived the journey she now speaks about.

Through The Flourish Journey™, her signature 7-step framework, she empowers audiences to move from despair to joy, from burnout to taking bold action. Her talks are heartfelt, high-energy, and deeply relatable. They are designed to spark healing, courage, and next-level possibility.

Whether she is keynoting an event, speaking at leadership retreats, women's conferences, personal growth summits, or leading interactive workshops, she creates unforgettable experiences that remind every audience member that you can create a new story for your life - at any age and any stage.



Experience the Energy, Heart, and Transformation Jen Brings to the Stage

From ballrooms to breakout rooms, Jen brings a magnetic blend of storytelling, humor, and soul-stirring insight that leaves audiences moved and ready to take action. See how she inspires transformation in every room she steps into.

CLICK THE PLAY BUTTON TO WATCH DEMO VIDEO



If you're looking for a speaker who can connect deeply with the audience, guide meaningful workshops and retreat experiences, or bring a room of participants to both laughter and transformation, Jen Rigley is the one. She's not just helping navigate life, she's helping us flourish through it.

Chantelle Adams



Invite Jen to Speak at Your Next Event

Transformational Talks that Uplift, Empower, and Ignite Change

Jen is a speaker, author, and founder of Flourishing Over Fifty®. She uses transformational storytelling, soul-stirring insights, and The Flourish Journey™ framework to inspire powerful change in audiences navigating life's challenges, grief, and trauma.

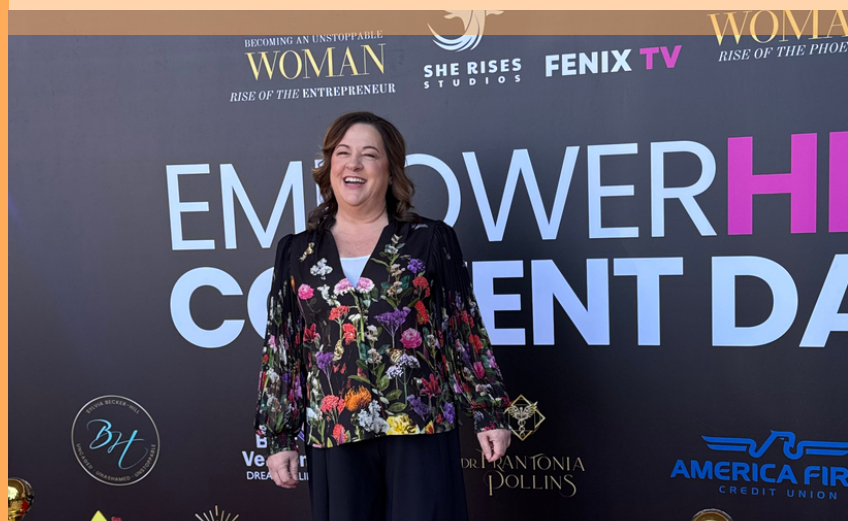
Jen's talks blend personal storytelling, soulful strategy, and relatable humor to spark transformation at every stage of life. Whether speaking to midlife women, wellness professionals, or general audiences navigating life's turning points, Jen brings a message of hope, possibility, and powerful reinvention.

Jen brings ease, laughter, and wisdom to every room she enters. She understands the unique questions that come up in midlife and meets them with both compassion and clarity. Her stories are real, her tools are practical, and her timing is impeccable.

She has a rare ability to speak directly to the audience who appear to have it all together but are quietly asking what comes next.

Jen helps them remember who they are and imagine what's possible. She doesn't just inspire a new chapter. She helps you write it.

~ Ericka Parker
Founder of SILKENN + Host of Boss Babe Reset Podcast



SIGNATURE PROGRAM #1

Flourishing in Midlife

Flourishing in Midlife is a highly engaging keynote presentation that provides a roadmap for attendees to reclaim their happiness after significant challenges.

Keynote, Virtual Presentation, Workshop

KEY TAKEAWAYS

- A mindset shift from “What now?” to “What’s next?”
- A practical framework to reconnect with joy, purpose, and self.
- Tools to create a personal dreamscape and the courage to live it.
- Clarity on what joy and purpose can look like in this next chapter.

PROGRAM BIO

Flourishing in Midlife is a highly engaging keynote presentation that provides a roadmap for attendees to reclaim their happiness after significant challenges.

By the time we reach midlife, we’ve carried a lot, from grief, trauma, caregiving, identity shifts, to health scares and career changes. Jen knows this path intimately.

Including key components of The Flourish Journey™, Jen's proprietary 7-step healing framework and blending heartfelt storytelling, grounded wisdom, and laugh-out-loud moments, Jen helps attendees shift from asking “Is this all there is?” to confidently declaring “This is just the beginning.

The Flourish Journey: Rising from Grief, Trauma & Life's Challenges

Healing isn't a destination, it's a process. This raw, uplifting keynote invites audiences to step through pain and into possibility, guided by Jen's personal story and her Flourish Journey™ framework.

Keynote, Virtual Presentation, Workshop

KEY TAKEAWAYS

- How to begin healing from life's hardest chapters, without shame or urgency.
- Ways to honor your story while reclaiming your power.
- Tools to move forward with compassion, courage, and hope.
- A powerful invitation to reimagine your future with intention and grace.

PROGRAM BIO

After experiencing profound loss, trauma, and adversity, Jen rebuilt a life of joy and meaning. In this keynote, she shares not only her story, but the steps others can take to begin their own healing journey.

In this transformational keynote, Jen guides audiences through The Flourish Journey™, a 7-step framework designed to help attendees rise from layers of grief, tragedy and trauma and reclaim their power and joy.

Designed for audiences ready for deeper transformation, this talk goes beyond inspiration and into restoration. This talk is perfect for conferences, leadership retreats, and wellness summits seeking to go beyond surface inspiration and into meaningful healing, transformation, and next-level dreaming.

The Art of the Pivot: Reinventing Your Life with Grace, Courage & Clarity

What if your biggest plot twist became your greatest breakthrough? This empowering keynote shows audiences how to navigate change with purpose, confidence, and heart.

Keynote, Virtual Presentation, Workshop

KEY TAKEAWAYS

- A mindset shift from fear of change to excitement for reinvention.
- Jen's The Flourish Journey™ framework to guide next steps.
- Tools to navigate endings with grace and begin again with purpose.
- Confidence to own your story, even the messy middle.

PROGRAM BIO

Whether it's an empty nest, a health scare, a divorce, or a career shift, life pivots can feel disorienting, but they're also full of potential.

This empowering keynote is a game-changer for those navigating career reinvention, personal transformation, or unexpected life transitions.

With humor, honesty, and her signature storytelling, Jen shows how to pivot with grace, courage, and clarity, without losing yourself in the process.

Whether your audience is navigating empty nests, career changes, caregiving roles, or internal awakenings, this talk gives them permission to let go, realign, and reimagine what's possible.

IN THE MEDIA

Digital and Print

Jen empowers and inspires through local and global print and digital media. Her insights and expertise make her a sought-after writer and cover article guest feature.

Featured Written Digital and Print Media



THRIVE GLOBAL

FORCE
FOR WOMEN IN BUSINESS

SUCCESS
Savvy

HANNA
MAGAZINE



Authority Magazine



Woman's World

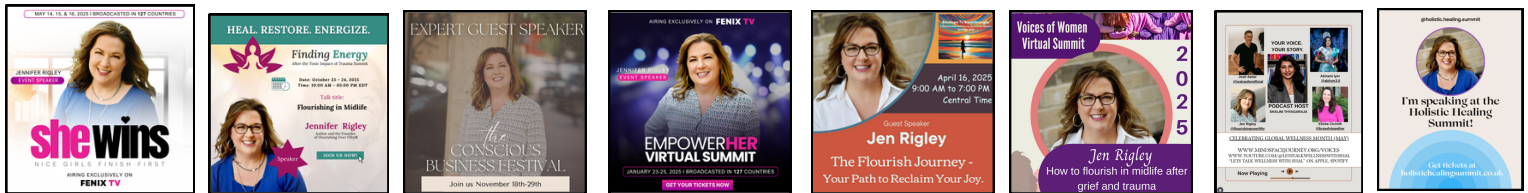
Medium



IN THE MEDIA Online and Summits

Jen's soul-stirring healing approach and change agent viewpoint on aging make her a popular guest online as a featured summit speaker and a brand advocate.

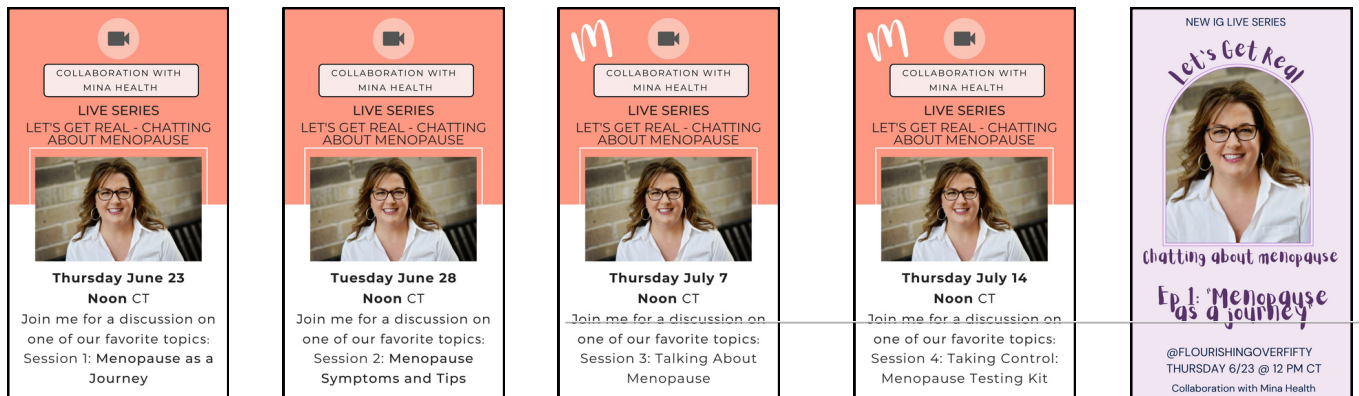
Featured Online and Summits Media



Featured Lives



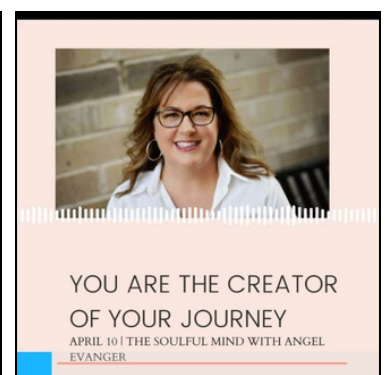
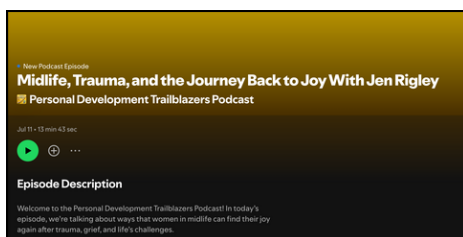
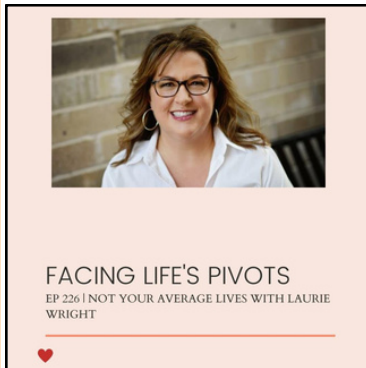
Featured Brand Collaboration / Live Series



IN THE MEDIA Podcasts

Jen's heartfelt personal stories with her engaging and energetic communication style make her an in-demand featured podcast guest with both consumer and business hosts.

Featured Podcast Appearances



Fee Schedule

US, CANADA AND MEXICO

45-75 Minute Keynote	\$ 3,000
Half Day Workshop	\$ 5,000
Full Day Workshop	\$7,500

International outside of Canada and Mexico

45-75 Minute Keynote	\$3,500
Half Day Workshop	\$6,000
Full Day Workshop	\$10,000

NON-PROFIT AND EDUCATION

45-75 Minute Keynote	\$2,000
Half Day Workshop	\$3,500
Full Day Workshop	\$5,000

IMPORTANT DETAILS

USA

\$1,500 travel buyout includes cost of airfare, food and ground transportation. Hotel accommodations booked and direct billed by the client (1-2 nights depending on time and location of speaking event).

Canada and Mexico

\$2,000 travel buyout includes cost of airfare and food. Ground transportation arranged and direct billed by client. Minimum of 2 nights hotel accommodations, booked and direct billed by client.

All Other Destinations

Business Class airfare booked and direct billed or reimbursed by client. Ground transportation arranged and direct billed by client. Necessary meal receipts to be reimbursed by client. Minimum 3 nights hotel to be booked and direct billed to client.

20% discount for all local speaking engagements.

BOOK JEN

or schedule time to connect

Jen Rigley



www.jenrigley.com

FOR AVAILABILITY EMAIL: jen@flourishingoverfifty.com or click on
calendar icon to schedule a call



Flourishing Over Fifty