



Jen Rigley

International Speaker,
Best-Selling Author, Thought Leader



Flourishing Over Fifty ®

See Jen in Action



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.

[WATCH THE SPEAKER REEL](#)

Why Event Hosts Choose Jen Rigley

Jen doesn't just inspire, she creates experiences that combine presence and playfulness with transformational depth, always meeting the moment with heart and humor.

#1 Transformational & Engaging

Jen's talks don't just inspire, they awaken something within. Through powerful storytelling, vulnerability, and soul-stirring insights, she helps audiences not just listen but transform.

#2 Dynamic Stage Presence

Whether on stage, in a ballroom or a retreat circle, Jen brings depth, humor, and heart. She knows how to read a room, meet the moment, and leave people moved and motivated.

#3 Rooted in Experience, Guided by Purpose

From corporate leadership to personal loss and spiritual awakening, Jen brings real-life credibility and depth. She walks the path she teaches, and audiences feel that.

#4 Customized for Every Audience

Every talk is thoughtfully tailored to the audience, the energy, and the event theme, ensuring maximum connection, relevance, and impact.

About Jen

Jen Rigley is an international speaker, best-selling author and thought leader focused on living your best in midlife and beyond.

Jen Rigley: Inspiring audiences to create a new story for their life.

Her mission is to inspire and empower audiences of all ages to create a new story for their life, especially after facing significant challenges, grief or trauma. Formerly a top sales and marketing executive working with both start-ups and Fortune 500 clients, Jen is the founder of Flourishing Over Fifty®, a transformational brand and global movement whose soul purpose is rooted in overcoming adversity in midlife. Jen has faced a series of life-altering challenges from the time she was young, from profound personal loss to a cancer diagnosis. Rather than break her, these moments became the catalyst for The Flourish Journey™ her proprietary 7-step framework that now inspires audiences worldwide to heal from significant challenges, grief or trauma.



As a well-respected leader, Jen inspires thousands to overcome challenges, heal and flourish in midlife through her Flourishing Over Fifty® community and her Flourish Journey Framework™. Known for her signature blend of heartfelt storytelling, strategic clarity, and soul-deep presence, Jen spreads her message through humor, vulnerability, research and actionable tools.



Losing my father as a child began my journey of unknowingly silently carrying grief and trauma which didn't surface until I was in midlife. For years, I was overwhelmed, exhausted, and disconnected from my life and then I had a cancer diagnosis. As I was healing, my mother passed and decades of buried grief and suppressed emotions surfaced, leaving me questioning, 'Is this all there is to life? That was my wake-up call. My resilience wasn't serving me, it was slowly killing me.

How It All Began

Determined that I was not going down without a fight, I embarked on a deeply personal healing journey, learning to rewrite my story and discovering what it truly meant to flourish. As I healed, joy gradually returned. My personal transformation inspired me to help other women create a new story for their life and reclaim their happiness. What began as my journey to healing became my mission. I turned my experience into a mission to lead others to rise above the challenges and thrive. Flourishing is so much more than feeling good, it's living an intentional, joyful life. My guiding principles of authenticity, empowerment, compassion and resilience shape every interaction, resource, and transformation I help audience members experience.

I launched Flourishing Over Fifty® to support others who are struggling to find themselves. Now, I inspire audience members and provide a compassionate framework The Flourish Journey™ to transform pain into possibility, despair into hope, and emptiness into genuine joy. Because the best chapter is waiting, and we all deserve to live it fully. Today, through speaking engagements, workshops, books and a welcoming community, I inspire women everywhere to live joyfully, intentionally, and authentically.

The Flourishing Life

The Flourishing Life is a highly engaging keynote presentation that provides a roadmap for attendees to rediscover happiness.

By the time we reach midlife, we've carried a lot, from grief to health scares and career changes. Jen knows this path intimately. Including key components of The Flourish Journey™ 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."

"Jen's stage presence is grounded and sincere, drawing people in with connection and authenticity. I highly recommend Jen as a speaker who leads with integrity and heart."

-D'Arcy Henneberry
Founder, Henneberry
Coaching & Consulting

Key Takeaways for Attendees

- 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 FORMATS:	Keynote or interactive workshop (45-90 minutes); 1/2 day, full day and 2 day workshops
TARGET AUDIENCE:	Women's events, retreats, and wellness or leadership summits

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 The Flourish Journey™ framework.

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 Rigley 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.

Key Takeaways for Attendees

→ 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 FORMATS:

Keynote or interactive workshop (45-90 minutes); 1/2 day, full day and 2 day workshops

TARGET AUDIENCE:

Wellness events, spiritual gatherings, trauma-informed spaces, and women's leadership forums

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.

This 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.

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

-Chantelle Adams, International Speaker, Expert Storyteller, Executive Mentor

Key Takeaways for Attendees

→ A mindset shift from fear of change to excitement for reinvention

→ Jen's Pivot Power™ framework to guide your next steps

→ Tools to navigate endings with grace and begin again with purpose

→ Confidence to own your story even in the messy middle

PROGRAM FORMATS: Keynote or interactive workshop (45-90 minutes); 1/2 day, full day and 2 day workshops

TARGET AUDIENCE: Career reinvention events, leadership conferences, and transitional life audiences

Topics Available for Panels & Interview-Style Presentations

Midlife Empowerment / Personal Growth

- Disrupting the Conversation on Aging
- Facing menopause with humor
- Redefining identity when roles shift or fade
- Design your dreamscape

Life Transitions

- How to know when it's time to pivot
- Empty Nest, Full Life
- Navigating the "now what?" phase with intention
- Rebuilding your identity post-parenting

Wellness / Mental Health / Resilience

- The hidden weight women carry into midlife
- Signs you're overdue for healing (and where to begin)
- Building resilience one step at a time
- Create your Soul Sparks Toolkit™ to support your emotional health

Career / Business / Entrepreneurs

- Building a successful coaching business leveraging AI.
- Creating a stand-out personal brand leveraging AI
- Designing your entrepreneurial life
- Leverage AI to craft a PR plan

What People Are Saying About Jen

“What sets Jen apart is that she doesn’t just inspire, she equips. She shares practical systems, frameworks, and tangible strategies that help us move through the changes of midlife with clarity, confidence, and renewed purpose. She helps us redefine who we are, reconnect with what we truly desire, and consciously create the next chapter of our lives.”



— Chantelle Adams, International Speaker,
Expert Storyteller + Executive Mentor

“Jen has a rare ability to speak directly to the women 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

“What I love most about Jen is that she doesn’t bypass the complexity of midlife; she honors it. With humor, honesty, and tangible frameworks that meet women exactly where they are, she creates a safe, inspiring space for powerful new chapters to begin. If your audience includes powerhouse members who are ready to reset, reimagine, and flourish, Jen is the speaker who will lead them there with grace, humor, and fierce clarity.”



— Riana Malia, Identity Architect
for High-Achieving Women™
Founder of Clear to Create™

“Jen speaks from a place of deep inner work. What struck me most was the way she described her quiet strength, and how she found her voice not through big, dramatic shifts but through stillness, honesty, and consistently choosing herself. There’s a calm, steady energy in how she shares that makes people feel safe and understood.”



— D'Arcy Henneberry, Founder,
Henneberry Coaching & Consulting

Jen Rigley in the Media



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. Her thought leadership has been widely recognized and featured in media outlets.

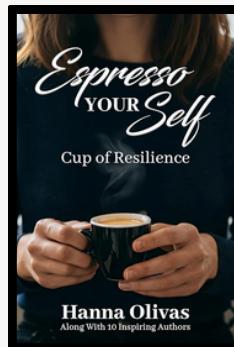
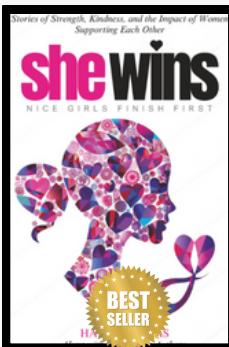
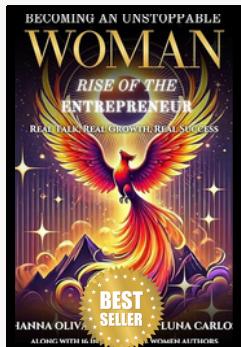
FORCE**SUCCESS**
*Family***HANNA**
MAGAZINE**INKUBATOR****VITALITY**
DIGEST

THRIVE GLOBAL

Woman's World**SHEWINS****accelerate
360****Medium**

Jen's Books

Jen's insights have been featured in multiple best-selling inspirational anthologies. Her solo book The Flourish Journey™ will be available summer 2026.



Jen's anthologies co-written with other thought-leaders inspire audiences around the world with global distribution and have achieved best-seller status.

Jen's Print Media

Jen's story and articles have been featured in multiple print and digital media outlets.



Featured On



Living Your Best Life
After 50 with Jen

[TUNE IN TO THE EPISODE](#)



Talk to Danielle:
Rediscovering Your Dream
Life with Jennifer Rigley

[TUNE IN TO THE EPISODE](#)



Lead with LeAnn:
Flourishing in
Entrepreneurship

[TUNE IN TO THE EPISODE](#)



Kate Higgins: Your
Magical Midlife

[TUNE IN TO THE EPISODE](#)



Laurie Wright: Pivoting into
Deeper Purpose In Your
Second Half with Jen Rigley

[TUNE IN TO THE EPISODE](#)



Candice Ruggiero
The Lost Child Series

[TUNE IN TO THE EPISODE](#)

Jen Rigley has become a sought-after guest on numerous influential podcasts, where she shares her expertise on living your best in midlife and beyond

Speaking Fees

Below is a breakdown of Jen's speaking fees, offering a range of options to suit various event formats and budgets.

	USA, Canada and Mexico	International Outside Canada and Mexico	Non- Profit and Education
45-75 Minute Keynote	\$3,000	\$3,500	\$2,000
Half-Day Workshop	\$5,000	\$6,000	\$3,500
Full Day Workshop	\$7,500	\$10,000	\$5,000

IMPORTANT DETAILS:

→ \$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).

→ \$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.

→ 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

Assets & Resources

Approved Headshots and Logos

Click the button below to access full-resolution images.



DOWNLOAD HEADSHOTS
AND LOGOS

Speaker Introduction

Below is a suggested speaker introduction.

Jen Rigley is an international speaker, best-selling author and thought leader focused on living your best in midlife and beyond.

Her mission is to inspire and empower audiences of all ages to create a new story for their life, especially after facing significant challenges, grief or trauma.

Formerly a top sales and marketing executive working with both start-ups and Fortune 500 clients, Jen is the founder of Flourishing Over Fifty®, a transformational brand and global movement whose soul purpose is rooted in overcoming adversity in midlife. Jen has faced a series of life-altering challenges from the time she was young, from profound personal loss to a cancer diagnosis. Rather than break her, these moments became the catalyst for The Flourish Journey™ her proprietary 7-step framework that now inspires audiences worldwide to heal from significant challenges, grief or trauma.

A handwritten signature of the name "Jen Rigley" in black ink.

✉️ Book Jen Today!

To schedule Jen for your event or to learn more about her availability and speaking fees, please reach out to us or click on calendar to schedule a call:

Email: jen@flourishingoverfifty.com
Phone/Text: +1 630-880-6137
Website: www.jenrigley.com



Book Jen For Your Next Event