

Jennifer Ballou

Resilience Practices that Create a Path to Joyful Living

- **Resilience Training Expert**
- **Founder & CEO of A Joyful Life with Jennifer**
- **21-Year Army Veteran**



In today's climate of constant change, it's easy to fall prey to uncertainty and fear, which is why it is more important than ever to have a toolbox of strategies for how to be more resilient and joyful in the face of change, no matter how challenging. Twenty-one-year army veteran and Resilience Training Expert Jennifer Ballou is a true practitioner of resilience and joy.

From overcoming trauma herself, to being hand picked to help stand up the Resilience Program for Fort Fort Bragg, NC - one of the largest installations in the Army - Jennifer has a treasure trove of practical lessons to share that will help you not only get through change, but actually welcome it as an opportunity to create more joy in your life.

Engage the Power of Resilient Thinking to Live Your Most Joyful Life

How resilient are you in the face of change? Even if you feel you have a healthy amount of grit and determination, when it comes to overcoming adversity, chances are you could learn more ways to be resilient that would lead you to a more fulfilled and joyful life. Jennifer Ballou is a 21-year veteran, who was a highly recognized leader in the US Army when she experienced a tragic loss that forever changed her life. At the time, she considered herself a pretty resilient person, but when she was asked to help stand up one of the largest Resilience Programs for the US Army, she discovered more strategies for practicing and building resilience that truly opened a door to more joy in her life.

Jennifer eventually served as the Senior Enlisted Advisor at the Pentagon for the Army's Resilience Program. All of her experience has led her to today, where she draws from her thousands of hours of resilience training that she gave to Army Leaders, Soldiers, and Families and now is sharing with clients around the world.

Key Takeaways:

- The Power of Community - the underlying reasons why we don't open ourselves up to our support system fast enough and why it matters.
- Hunt the Good Stuff - strategies for making this focus on seeking the positive a daily practice even in the most challenging times.
- Numbing the Bad, Numbs the Good - too many people are walking through life feeling numb to their pain and believing that's ok. But when you numb the bad, you also numb the good.



[Click here to watch Jennifer](#)

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