



JENNY MCKEE

Motivational Speaker & Facilitator

Out of the Funk and Into the Flow.

Whose Voice is it Anyways?

Dream, Believe, Become.

About Jenny

Jenny is an experienced Motivational Speaker with over 25 years as an Entrepreneur dedicated to the service of supporting women on their mental health journey. She is the Co-Founder of Soul Full Camp, which offers transformational personal development and wellness retreats connecting women to their body, mind and spirit. Jenny is also the author of "Just for Today" Affirmation Decks and Journals.

Jenny is passionate about inspiring others to let go of limiting beliefs, negative self-talk and patterns and to change their mindset to one of success and positivity. Her motto, is

Dream, Believe, Become!

"When you Dream big and Believe in possibilities (and yourself) you Become who you were meant to be!"

-Jenny McKee

Testimonials

Event Participant

Jenny is a bright light in the room with a compassionate heart for facilitating workshops and speaking to groups about mental and emotional health because she understands the defeating self-talk that causes us to feel stuck and unworthy. Jenny shares authentic and relatable stories and wisdom that shine possibilities to get out of the funk and into our flow.

- Lorree Appleby

Event Participant

Jenny is an incredible speaker and human being. She's not afraid to share her own struggles and triumphs. She's the perfect blend of "salty and sweet" like kettle corn. When you are in her presence, you feel seen and heard. She has such a gift. I walk away from her sessions with a renewed sense of self.

- Angela Woppman

Event Participant

This has been an emotionally charged and life-changing week for me. Jenny McKee, I am always so inspired by your creative, innovative events and your level of organization and the thought you put into ensuring your group gets exactly what they need really speaks to your passion to serve others.

- Sarah Thompson

Signature Talks & Workshops

Out of the Funk and Into the Flow!

Keynote: If you've battled with depression or anxiety, you'll connect with Jenny's lifelong journey to emotional wellness. She openly talks about how she got out of the 'funk' of depression and anxiety and into the "flow" of emotional wellness and optimism. She offers inspiration, tools and knowledge that she learned on the way to help you on your mental health journey.

Event Facilitation: In this interactive workshop, Jenny will guide you on a deep dive discovery session to examine why and where the funk shows up in your life, how you can support yourself (or get the help you need) and explore the possibilities available to you when you are happier and living in your flow.

Whose Voice is it Anyways?

Keynote: If you've ever felt that you weren't enough or live in self-judgment, you're not alone. In this engaging talk, Jenny speaks about the many voices inside of our heads that stop us from recognizing our true potential, and how she shifted her self-talk from being full of limiting beliefs, shame and judgment to one of compassion, motivation and being her own best friend.

Event Facilitation: When you take the time to invest in yourself and let go of limiting beliefs that held you back in the past, the sky's the limit! In this interactive workshop, Jenny will help you identify the self-talk that holds you back, learn to understand what you need to stay on track and create the positive shifts to empower you to be your own inner cheerleader.

Dream, Believe, Become.

Keynote: Are you struggling with imposter syndrome? Lacking Self-belief? Or maybe, you're just not dreaming big enough? In the past, Jenny did too. A shift in her mindset and learning about universal laws and energy helped her dream bigger, believe in herself and become who she is today. In this motivating and inspiring talk, Jenny shares tools that she used to help light a fire in you to do the same.

Event Facilitation: You get what you believe, not what you ask for. In this interactive workshop, you will get super clear on how you want to feel each day, your big dream, and what beliefs are holding you back from receiving it. Our thoughts are like magnets, what we think about expands. Let's expand our thoughts to ones of possibilities and potential, and become who we were meant to be.



All keynotes are customized to meet your needs and are also available as half-day or full-day workshops or events.

Team Building

Are you looking to build connection and communication within your team? Team building boosts morale, improves performance and encourages collaboration leading to positive change.

Call or email Jenny to learn more about her offerings in this area.