



Lighter Within

A new way of being

Jolen Philbrook



“JOLEN WAS ENLIGHTENING WITH HER PRESENTATION AND ALL HER KNOWLEDGE. I HAD NUMEROUS BREAKTHROUGHS WITH HER.”

Julia Flaherty, RN, CCM

“JOLEN HAS INSPIRED ME BECAUSE SHE HERSELF IS ‘LIGHTER WITHIN,’ GIVING ME LIVING PROOF THAT I TOO CAN LIVE MY LIFE WITH EASE, GRACE, AUTHENTICITY, AND CLARITY.”
BETTYANNE GREEN

Jolen Philbrook is a speaker, author and transformational coach. Her specialty is helping women entrepreneur's that are stressed, overwhelmed, lack direction and feel stuck in a rut. She helps them find the road to happiness with clarity, purpose and direction in their busy lives.

This presentation will show you how to take your life back, find your lost joy, open your heart and reclaim your power again. Your attendees will be empowered with action steps, inspired with hope and be restored with balance again.

When Anxiety Attacks: 3 Steps to Quieting the Storm Within

Discover how to:

- Counteract the negative thoughts from replaying in your mind.
- Learn the secret to letting it go.
- Shift your perspective to create the life of your dreams.

Learn how to effortlessly release the stress, suffering and negativity to find your personal freedom and empowerment by creating the life you have always imagined. Unlock your unlimited potential to live a life of abundance, happiness and purpose today.

Jolen was diagnosed with stage 2 Paget's disease a rare form of breast cancer. At the same time she went through a custody suit and had no income while raising her son. Then in 2010 Jolen survived kidney cancer. This led Jolen on her personal, emotional, healing journey. She learned many benefits that she would like to share with you. Jolen uses her wisdom and experience in helping you release your hurtful emotions caused by a difficult event.

For questions or availability

Contact:

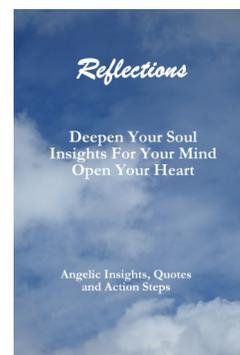
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Her newest book