

# JENNIFER SACK

Speaker + Writer + Wellness Guide

## THE PROBLEM AT HAND

### ‘The Self-Negotiation Trap’

So many people are outwardly functioning... while internally negotiating against themselves all day long.

Ignoring intuition. Overriding needs. Living in chronic tension. Performing instead of actually feeling connected to their lives.

Jennifer’s work explores the nervous system patterns, identity conditioning, and internal survival strategies that keep people stuck in cycles of overwhelm and disconnection — and how to return to clarity, balance, and self-trust.

## ABOUT

Jennifer Sack is known for her grounded and deeply relatable conversations around overwhelm, identity, self-trust, and the hidden cost of chronic survival mode.

Blending lived experience with over a decade of immersive wellness facilitation, Jennifer helps audiences understand the connection between nervous system patterns, emotional resilience, and sustainable success.

Her work bridges the gap between personal growth and practical life application — offering honest, accessible tools people can immediately integrate into everyday life.



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## AUDIENCE TAKEAWAYS

Audience members will leave with:

- A deeper understanding of the “self-negotiation” patterns driving overwhelm
- Practical tools to regulate stress and reconnect with clarity
- Greater awareness of how nervous system patterns impact decision-making and self-trust
- A healthier framework for resilience that doesn’t rely on constant pushing or self-abandonment
- Tangible practices for creating sustainable balance in life, leadership, and relationships

## PERFECT FOR

- Podcasts & Interviews
- Women’s Conferences
- Leadership & Personal Development Events
- Wellness Retreats
- Corporate Wellness Programs
- Entrepreneur & Creator Communities
- Mental Health & Resilience Conversations
- Audiences navigating burnout, reinvention, or major life transitions

