



Jen Wirtz, RN

HEALTH & WELLNESS SPEAKER

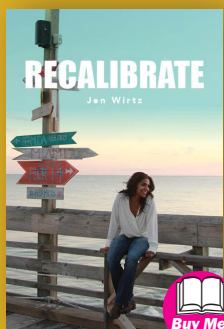
skyrocket positive clarity
recalibrate recovery life meditator
health & wellness WOW! enlightenment seeker
author “something more” true self journey
struggle coincidences registered nurse
JOY speaker game-changer



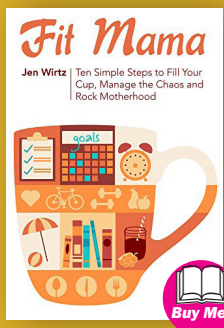
“Beyond any label, name or photograph, I see myself as an authentic, raw, sensitive, and inspiring woman. After a successful reimagining of my own soul, I live my life one step at a time, recalibrating each day with my face always turned towards the warmth of the sun, trusting that my truth is rooted in joy.” ~ Jen

ORDER JEN WIRTZ'S BOOKS

Available on Amazon.com



A new perspective and practical life tools to recalibrate your energy, to help you allow yourself the to find clarity and momentum in the direction in which your true happiness awaits.



A working toolkit of tips & tricks that will help you regain your sanity in your busy mom life—and finally kick the mom guilt to the curb!

Jen Wirtz has an amazing story to tell. Stories, really. Her colorful life includes many bright moments, as well as a dark past that she hid for years.

Today, Jen is sharing her astounding and inspiring experiences (from overcoming addiction and an eating disorder to using meditation to transform her life) through her new book “Recalibrate” and guest speaking appearances. With her dynamic and hilariously candid (and sometimes uncensored) personality, Jen appeals to a variety of audiences. She has lived many realities and has an important message for individuals from all walks of life, be it the frazzled mom, the burnt-out health care worker or the overworked CEO.

Spending most of her life as a people pleaser, Jen felt lost in the day-to-day grind. The fake script of social media, where perceptions and reality don't always meet up, was also taking its toll. Jen began to wonder whether there was more out there. She needed to let go of what was holding her back. Once she did, she was able to embrace a journey of exciting daily coincidences, happiness, and self-awareness. Now, it is Jen's mission to inspire others to discover how to shift their perspective by recalibrating to their personal strengths through meditation.

DISCUSSION TOPICS

- Finding enlightenment after struggle and darkness
- Discovering why you are here and what is your purpose
- Tips and tools to recalibrate through meditation and focused intention
- How to have fun and overcome the fear of missing out
- Shifting direction to discover more “Oh, wow!” moments
- Living freely being your true self in any situation

CONNECT WITH JEN

- ☎ (206) 992-3578
- 🌐 <https://jenwirtzrn.com/>
- ✉ healthcoach@jenwirtzrn.com

- 📘 [@cleanandbalanced](https://www.facebook.com/cleanandbalanced)
- 📌 [@jenwirtzrn](https://www.pinterest.com/jenwirtzrn)
- 📷 [@jenwirtzrn](https://www.instagram.com/jenwirtzrn)
- 📺 [/in/jen-wirtz-rn/](https://www.linkedin.com/company/jen-wirtz-rn/)