

Jen PESTIKAS

**Keynote Speaker, Trainer &
Facilitator, Consultant, and
Executive Coach**





**Jennifer Pestikas was an absolute highlight
at our Women's Leadership Conference**

"Her session on overcoming burnout and reclaiming productivity was both inspiring and practical. Jen has a remarkable gift for connecting with her audience—she doesn't just speak, she engages, drawing everyone into the conversation. If you're looking for a speaker who brings energy, authenticity, and real-world strategies, I wholeheartedly recommend Jennifer Pestikas for your next event."

- Sandy Ramage-Kallal, Director of Member Experience

JEN'S OFFICIAL BIO

Jennifer “Jen” Pestikas is an international keynote speaker, executive coach, bestselling author, and career strategist who empowers mid-career women to stop playing small, own their voice, and thrive without burnout. With more than 25 years of leadership experience in the financial services world – rising from bank teller to senior executive – Jen intimately understands the challenges professional women face navigating confidence gaps, imposter syndrome, and the double-bind pressures of high-stakes careers and personal well-being.

As the founder of Brave Women at Work, Jen blends corporate grit with coaching precision to help women reclaim confidence, accelerate advancement, and negotiate success on their terms. Her signature BRAVE Framework guides women to stop shrinking themselves, silence self-doubt, and advocate boldly for opportunities, recognition, and financial equity. Whether delivering a keynote on burnout recovery, teaching negotiation strategies, or coaching CEOs, Jen’s message is rooted in real-world experience and delivered with authenticity and fire.

Jen holds an MBA, is a Certified Professional Coach and Energy Leadership Index Master Practitioner, and hosts the popular Brave Women at Work podcast. Her work has shaped leaders across industries – from finance and healthcare to technology and human resources. She lives outside Chicago with her husband, two daughters, and her beloved Shichon pup.



Top 5 Reasons to Book Jen at Your Next Event

- 1 She's Actually Lived It – In a Male-Dominated Industry for 20+ Years.**
- 2 Jen Gives Women What Inspiration Can't: Actionable Tools.**
- 3 She Understands the Emotional Labor Women Carry – And How to Stop It.**
- 4 Jen Has a Proven Platform and Voice.**
- 5 Jen Speaks to the Pattern, Not Just the Problem.**



BRAVE WOMEN AT WORK: HOW TO ADVOCATE FOR YOURSELF AND GET PAID WHAT YOU'RE WORTH

Women need more than general negotiation advice – they need industry-specific strategies. This keynote teaches healthcare professionals how to quantify their client impact, prepare for compensation reviews, and negotiate confidently for the raises and bonuses they've earned. Women learn to overcome imposter syndrome and advocate for themselves with the same confidence they bring to client negotiations.

KEY AUDIENCE TAKEAWAYS:

- Quantify your client relationships and portfolio performance in terms decision-makers value
- Navigate compensation conversations in commission-based and relationship-driven roles
- Prepare for annual reviews with evidence-based cases for advancement
- Overcome the discomfort of talking about money
- Develop confidence in advocating for yourself

STOP PLAYING SMALL: BUILDING THE CONFIDENCE TO SPEAK UP AND LEAD

Women who wait to be noticed often get passed over for leadership opportunities and high-value client relationships. This keynote addresses the specific challenges women face: speaking up in meetings, positioning themselves for management roles, and claiming space in male-dominated leadership conversations. Attendees learn how to silence self-doubt and step into leadership visibility.

KEY AUDIENCE TAKEAWAYS:

- Build confidence in sharing your perspective in high-stakes discussions
- Position yourself for leadership opportunities before you feel "completely ready"
- Navigate the politics of advancement in tough work environments
- Develop strategies to increase your visibility with senior leaders and key clients
- Create a personal brand that positions you as a leader in your organization



TRUSTED BY ORGANIZATIONS LIKE:





THE PRICE OF SILENCE: WHY WOMEN NEED TO NEGOTIATE FOR MORE THAN MONEY

For women, negotiation often focuses exclusively on compensation – but there's so much more at stake. This keynote teaches professionals to negotiate for the full package: top-tier client assignments, leadership development opportunities, flexible work arrangements, and support resources that prevent burnout. Women learn to advocate for the conditions they need to succeed without sacrificing their personal lives.

KEY AUDIENCE TAKEAWAYS:

- Negotiate for high-value client relationships and portfolio assignments
- Ask for leadership development and mentorship that accelerates your career
- Set boundaries that protect your wellbeing in a demanding, always-on industry
- Advocate for flexible arrangements that support work-life integration
- Build confidence in asking for what you need – not just what you think they'll approve

FROM IMPOSTER TO ADVOCATE: OWNING YOUR VALUE IN THE WORKPLACE

Even top-performing women struggle with imposter syndrome – wondering if they truly deserve their success or if they've just been lucky. This transformative keynote helps women recognize their unique value, reframe their self-doubt, and learn to articulate their worth with confidence. Women walk away ready to advocate for themselves in performance reviews, promotion conversations, and client pitches.

KEY AUDIENCE TAKEAWAYS:

- Recognize and overcome imposter syndrome patterns
- Learn to own your client wins and portfolio performance without minimizing your role
- Master the language of self-advocacy in an industry that values humility
- Build a compelling case for your advancement that resonates with decision-makers
- Create a 30-day action plan for advocating for your next career move





BOOK JEN FOR YOUR NEXT EVENT!

Thank you so much for your interest in getting in touch. I love nothing more than hearing from women ready to unlock their potential and do work they truly love.

**To Book Jen to Speak, a Podcast or Coaching,
please contact her at:**

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Or

847.207.9405 (Text or Call)

Jen
PESTIKAS