



Jennifer Kern Collins, BBA, MS, PCC
Coach, Consultant, Speaker, Author

Jennifer has a Bachelor of Business Administration, holds a Master of Science in Psychology and is a Certified Professional Co-Active Coach, trained by the Coaches Training Institute (CTI), the world's largest in-person coach training school. She is a Certified Neuro-Transformational Coach, with advanced training in Neuroscience, Consciousness and Transformational Coaching, through BEabove Leadership, and is a Licensed Neuro-Linguistic Programming Practitioner. As a member of the International Coach Federation (ICF), she is further credentialed as a Professional Certified Coach, with over 2,500 hours of client coaching experience.

Jennifer has worked in the helping professions for over 10 years. She was a Tobacco Cessation Counselor at the Mayo Clinic Nicotine Dependence Center, worked as a Health Educator for Health Partners, and then coached in the area of health and wellness for employees at the Hennepin County Government Center through PreferredOne. She started her own coaching business Intrinsic SOULutions in 2009, where she coaches individuals and teams toward success in leadership, business, relationships, and beyond. Additionally, she is CTI's former Ambassador to Minneapolis where she served 3 years, committed to the enhancement and expansion of the local Co-Active Community.

A published author, Jennifer contributed the chapter "Self-Activate and Create Transformation" to the anthology book, *Roadmap to Success*, co-authored by Deepak Chopra and Ken Blanchard. Her first full-length book *The Drama-Free Way: A Thought Management Guide to Navigating Chaos and Thriving* released in November 2015.

As a presenter, Jennifer is passionate about teaching strategies for success, how to consciously use the brain to generate highly effective results, and new thought paradigms around the relationship between "drama" and authentic thriving. Through Intrinsic SOULutions, she has offered trainings and presentations to organizations as well as private courses and group sessions with original curriculum design. Throughout her career, Jennifer has lead numerous classes, trainings and workshops in various settings, including corporations, government, non-profits, associations and universities. She has focused on a variety of topics, such as: work-life balance, stress and effectiveness in the workplace, how beliefs impact outcomes, optimized communication to improve relationships, soft skills for leadership competence, tobacco cessation and weight management.





Testimonials

Very nicely done and thorough. Polished, excellent presentation; very helpful and useful information. Coming from a Hispanic background, she was right on!

[A culturally focused approach to Latino tobacco dependence.]
—Mayo Clinic, 2009 Nicotine Dependence Center Annual Conference

Jennifer Kern (Collins) provided a comprehensive presentation on addiction counseling and motivational interviewing as they relate to her work on the tobacco quitline through the Mayo Clinic. Her audience was a group of undergraduate and graduate students interested in addiction counseling. I found Ms. Kern (Collins) to be professional, engaging, interactive, and informative. She possesses significant real-world experience that holds great value in an educational setting. I recommend her most highly.

—Professor Review, Winona State University

Jennifer was amazing! Very informative on Motivational Interviewing, how to have conversations. How to incorporate psychological treatment/assessment and why people choose to smoke despite the known consequences.

—American Lung Association of Minnesota

I thought Jennifer did an amazing job and had a great grasp of how to explain the [Co-Active] concepts. ; I like the discussion on how our being impacts all areas of our lives especially our relationships. I think that these are keys to being content in life. ; The stories were good and the presenter was candid, energized, engaging and cool.

—Caribou Coffee

Jennifer conducted a session on the Co-Active lifestyle with the ASTD-TCC Coaching Special Interest Group that I facilitate. She brought enthusiasm, knowledge, and energy to the topic. We appreciated her engaging style which made it easy to ask questions, test new ideas and try new behaviors. Thank you for being in “THIS” moment with us!

—American Society for Training and Development, Twin Cities Chapter

We hired Jennifer to lead a training on optimizing communication effectiveness. She came into the training knowledgeable about our organization, creating a personal connection with employees and engaging them throughout the two hour session. Participants of the training gave glowing reviews. Thank you, Jennifer!

—Learning and Development Consultant, Government Organization

We had first seen Jennifer speak at an hour lunch and learn. Her information was impactful and thought provoking. We decided her information would be good to share with our group and invited her to speak at our next staff meetings. We have 8 different departments that work independently, but sometimes need to work together to be more productive. We invited Jennifer because we hoped her information would help individuals look at situations differently and be more willing to assist other departments when needed. She discussed the “Seven Levels of Personal, Group, and Organizational Effectiveness”. Jennifer generated a lot of conversation and was able to help the group understand how our “way of thinking” impacts our relationships (and productivity) at home and work. The meeting evaluations were very positive and we are looking forward to having her back.

—Jill Leddy, VP of Administration & Kandra Dillerud, Operations/HR Manager,
AdvisorNet Financial

Great presentation style! Instructor was very knowledgeable about subject matter. Kept presentation moving and interesting; thought provoking. Materials were clear and well presented. Jennifer used several examples of her personal experience that made the teachings applicable in daily living. She was very open and receptive to questions and comments. Very good introduction to new thought/thinking paradigms! I’d love to see a “part two” and go deeper.

—Hennepin County

Jennifer Kern Collins is an engaging speaker who compassionately invites us to look at the role drama plays in our lives. She creates a safe space for exploration and tools for understanding and moving beyond the drama and into the lives we want to be living.

—Meg Svensson, International Coach Federation, Minnesota Chapter
Board Member for Professional Development

As an Event Manager, I can honestly say that Jennifer Kern Collins was one of my favorite presenters to work with. She was professional, punctual, personable, and passionate. The four P's that we all look for in a speaker! I would enjoy working with her again.

—Maureen Aasgaard, GTS Educational Events

Partial list of engagements include:

Mayo Clinic, Nicotine Dependence Center
American Lung Association of Minnesota
AdvisorNet Financial
American Society for Training and Development, Twin Cities Chapter
Caribou Coffee
HealthPartners
State of Minnesota
Winona State University
Brown College
Dura Supreme

reVamp! Salon Spa
Hennepin County, serving multiple departments from 2009-2015
PreferredOne
CBRE
Presence Summit 2015
Minneapolis Clerks and Finance Officers Association
International Coach Federation, Minnesota Chapter
OffiCenters