



JAN L. BOWEN

Author, Keynote Speaker, & Thought Leader

Founder & Principal

Strategic Solutions Services, LLC

JAN L. BOWEN is an author, keynote speaker, thought leader, and facilitator committed to helping leaders find their purpose and vision through balance. Jan's career began in education and psychology, followed by over 25 years of corporate leadership. Now, as founder and principal of Strategic Solutions Services, LLC, Jan leverages her experience, skills, and knowledge to help leaders to reach the next level of their creative aspirations. With proven leadership skills, passion and deep insight, Jan delivers presentations that inspire leaders and visionary organizations seeking to align their values and behaviors, both personally and professionally, to transform their businesses and lives.

Leveraging her book, *It's Not That Complicated*, Jan focuses on how individuals can find greater happiness and success by aligning every facet of their being. She helps attendees recognize and define the physical, mental, and spiritual aspects of their lives and how these areas, when in sync, have the capacity to bring joy and fulfillment to everyday situations—even the workplace.

Incorporating an interactive and unique experience for attendees, Jan presents how to achieve this complete alignment by introducing defined templates, tools, and exercises. The ultimate takeaway is helping individuals recognize, apply, and align so that life feels effortless and seamless—helping them be happier and more successful.

Her personal style is described as insightful, direct, solution-oriented, sensitive, creative, fun, patient, entrepreneurial and proactive. Jan's clients have identified some of her leadership strengths as focused in the areas of visioning; strategic planning; values alignment; and corporate, team and individual development.

KEY TOPICS: Leadership, Executive Coaching, Personal & Professional Life Balance, Creativity, Wellness

“Working with Jan has been pivotal in my development as a business owner. I have learned how to clarify my intentions and proactively approach business as a series of meaningful steps. Through guided visualizations, I am able to define the particulars of my goal from a calm, centered point of view. Her work is honest, radiant and eloquent. She is a priceless resource for anyone who has a dream to achieve.”

— Wyn Pottratz, Owner of Core 7

It's Not That Complicated: Find Your Unique Path to an Aligned Life will walk you through the simple process of releasing pieces of your life that hold you back while simultaneously discovering ways to move forward towards a more fulfilling one. Through this book, Jan helps readers develop a Personal Template of Daily Practices, a Structure of Tactics, and a Bundle of Exceptional Resources to recognize strengths, passions, and purpose. *It's Not That Complicated* is available on Amazon.com and other online retailers. Bulk order rates are available for organizations and large events.



Integrate. Align. Transform. Book Jan Bowen Now.
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“Jan's ability to see the big picture, coupled with her keen insights into organizational dynamics, enabled her to lead and execute thought leadership initiatives that differentiated her company from wannabe competitors. This kind of truly strategic marketing produced meaningful financial results, and it was fun to be a part of the action.”

— Private Equity Media Executive, NY/London

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Professionally, Jan has degrees in Education, Psychology, and French as well as numerous certifications and accreditation in business, coaching, and language. To facilitate her work in the physical re-alignment and biomechanics of leaders, she is certified in Balanced Body Pilates and Therapeutic Yoga for Emotional Balance. She is a Certified Practitioner of Neuro-Linguistic Programming, as well as certified in the Combined Cultural Transformation Tools (CTT) of Barrett Values Centre, a practitioner of Transformational Presence Leadership coaching, and a member of the International Coaching Foundation.

Jan has consulted with numerous industries including, Financial Services, Education, Marketing/Advertising/Sales, Health Care, Technology, Government, and Pharmaceuticals. For the first decade of her career, Jan spoke often to interest groups e.g., Stock Transfer, National Institute of Investor Relations, American Society of Corporate Secretaries, educating them on relevant industry information.

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Leveraging her book, *It's Not That Complicated*, Jan helps individuals find greater happiness and success by aligning every facet of their being. She helps professionals recognize and define the physical, mental, and spiritual aspects of their lives and how these areas, when in sync, have the capacity to bring joy and fulfillment to everyday situations – even the workplace. With a combination of training, industry experience and application, Jan provides a Personal Template of Daily Practices, a Structure of Tactics, and a Bundle of Exceptional Resources to not only realize your purpose, strengths, and passions, but to use them to sustain healthy alignment as your life changes.

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SPEAKING PROGRAMS

Each of the topics below can be presented as a keynote, large or small group workshop, or part or full-day interactive sessions. In most of the topics, attendees are presented with clear tools and exercises that increase interactions and engagement. Attendees—no matter the format—will walk away with increased awareness and understanding of methods to achieve greater success both personally and professionally.

“Jan Bowen’s insight to overcome our fears and create a path to obtain our life’s dream is amazing. [Her book] makes it easy to carve out a path using exercises that challenge you to look inside your hearts, your minds and to think positive. Her wisdom helps you eliminate the negative enabling you to “Trust Forward.” Not complicated at all if you follow her direction, be honest and take action.”

—Susan Tidswell, President & Founder, CRO Inc

Stand Up and Be Counted: Your Personal Alignment of Values, Purpose, & Mission in Life

Leveraging her book, *It’s Not That Complicated*, Jan helps attendees learn the components of values, strengths and mission, and how the personal alignment of these components is necessary for not only achieving your purpose in life, but also attaining peace of mind. Jan provides clear ways to establish personal alignment by offering proven tips and resources to attain another level of happiness and satisfaction in their lives.

The Three Cornerstones: Body, Mind, Spirit—Choose One and Care For All

In this unique presentation, attendees learn ways to listen to what their body system is telling them and learn how to effectively respond to it. Understand where the emotional energy centers of the body are and how each of these areas affect one’s ability to deal with their environment. Jan facilitates this series of physical re-alignment and biomechanics with a certification in Balanced Body Pilates and Therapeutic Yoga for Emotional Balance.

Getting Past Fear: Trusting Forward

Fear can be crippling and can often leave one directionless. Jan explores this powerful emotion and why it causes you to either stall or back pedal. Gain effective tips through introspective exercises and learn how to overcome fear and start accomplishing your dreams by Trusting Forward.

It’s Not That Complicated: Living with Joy

In this presentation, Jan helps attendees identify what is holding them back from living in joy daily. She equips individuals with actionable ways to feel empowered going forward. Through a series of exercises and real-world examples, attendees can expect to learn how to begin living with joy as a core resilience—thereby opening their life to endless possibilities and opportunities.

It’s Not That Complicated: Creativity in Daily Life

In this presentation Jan provides ideas and inspiration on how to instill creativity in daily life in simple ways, including fostering creativity beyond artwork through daily living.

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PUBLISHED CONTENT

In addition to being a published Author, Jan L. Bowen is a frequent contributor and thought leader to industry publications. Jan is a featured author for YourTango.com, the premier media company dedicated exclusively to sharing compelling, brave, and thoughtful topics on love and relationships. She has also been featured in several other publications.

Jan is one of the best solution-oriented executives I have ever had the pleasure to work around. She understands the pressures her clients experience and finds creative, cost effective solutions That make her customers look great! The highest compliment I can give is that if I had my own company , I would want Jan on my team... without hesitation. "

—Managing Director, Fortune 500 company

Articles by Jan include:

“5 Major Life Lessons We Need to Teach Our Kids...And Ourselves”

“A Great Playlist Can Literally Change Your Life—Here’s How”

“3 Powerful Way You Absolutely CAN Buy Happiness”

“Ladies, Can We Please Stop Making “Pretty” Such an Ugly Word?”

“How To Use Your Work Strengths to Rule Every Area of Your Life”

“Forget Pleasing Others! 7 Unapologetic Way to Please YOURSELF”

“Uh, No! Why Your Friend at the Office Is NOT Your Work Spouse”

“6 Ways to Be Your Own Damn Therapist!”

“How Practicing Mindfulness at Work Can Increase Performance”

“Navigating Gender Inequality”

Click below to read some of Jan’s work.



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