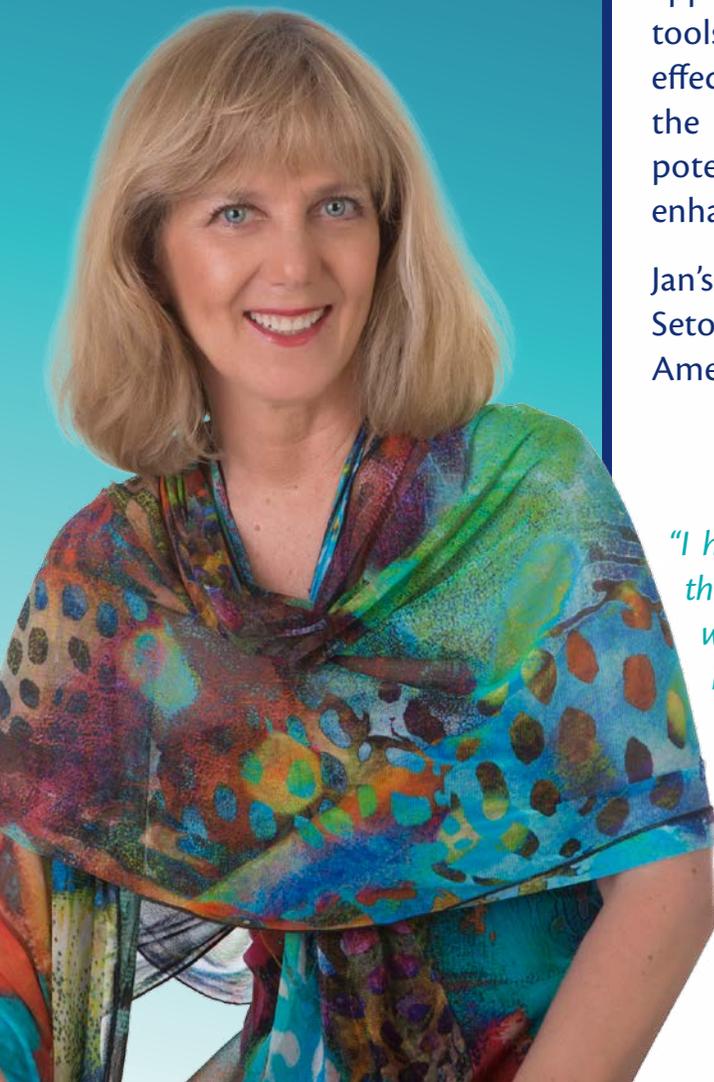


*“Self-awareness, self-care, and self-discovery are essential avenues to creatively and joyfully express your fullest potential for a productive and fulfilling personal and professional life.”*

**Jan Kinder**

*“Jan Kinder has dedicated herself to heal, to love, to transform and to serve others. She is an inspiration to those around her.”*

**Deepak Chopra, MD**



*jan kinder*  
Awaken • Restore • Transform

**TRANSFORMATIONAL KEYNOTE SPEAKER  
WORKSHOP LEADER • NURSE WELLNESS COACH**

A leader in holistic/integrative nursing and mind body health, Jan is an internationally recognized keynote speaker/workshop presenter who delivers engaging, thought provoking, and life changing presentations. She is a stress reduction professional, health and wellness nurse coach, meditation mentor, music therapist, guided imagery practitioner, therapeutic sound and color vibrational therapies practitioner, transpersonal NLP practitioner, and author, as well as among the first certified Chopra Center instructors.

Integrating her extensive qualifications, knowledge, and life-long experience, she offers her expertise using an array of approaches towards personal growth. Jan gives your attendees tools to clear stress and foster relaxation to maximize effectiveness in the workplace, as well as calm and expand the mind to increase creativity, insight to develop personal potential and innovation, and will create a state of balance to enhance overall performance.

Jan's corporate clients include Universal Studios Escape, Seton Hall University, Hackensack University Medical Center, American Cancer Society, and The Humane Society.



*“I had the pleasure of working with Jan on a one-to-one basis that prompted me to invite her to give a lecture and experiential workshop at our physician's TEAMHealth conference. She is a knowledgeable, inspiring, engaging, fun and passionate speaker who opened new doors for our group of physicians. I continue to receive the benefits from the outstanding skills and practices she eloquently taught about opening awareness and mastering the mind in relation to stress relief and improving overall performance.”*

**Tom Graber, MD FACEP**

## JAN SPECIALIZES IN THESE AREAS:

Holistic Stress Solutions & Resiliency · Personal Transformation  
Meditation & Spiritual Mentoring · Sound & Color Vibrational Healing



### SELECTED SPEAKING TOPICS INCLUDE:

#### SIGNATURE TALK:

The Kinder Approach to Wellbeing

#### MOVE ASIDE EGO - I AM IN CHARGE NOW:

How to Lead from Higher Consciousness

#### THE POSITIVE AND CREATIVE SIDE OF ANGER:

Reclaim Your Emotional Freedom

#### BE THE CALM WITHIN THE STORM:

Master the Mind, Balance Emotions and Be Your Best

#### THE WELLNESS-ENERGY CONNECTION:

Promote a Healing, Productive Environment

#### CORPORATE RECESS:

De-Stress and Enhance Creative Communication

JAN'S SPEAKING ENGAGEMENTS AND TOPICS CAN BE CUSTOMIZED TO SUIT YOUR ORGANIZATION'S NEEDS.

TO BOOK JAN KINDER, SEND AN INQUIRY TO:

**JAN@JANKINDER.COM OR CALL (954) 830-2121**

JAN KINDER HAS BEEN FEATURED IN THE FOLLOWING PUBLICATIONS:

LOS ANGELES  
**CONFIDENTIAL**

**organic spa**  
MAGAZINE

**TRAVEL+**  
**LEISURE**

**THE WALL STREET JOURNAL.**

**PALM BEACH**  
ILLUSTRATED

*"At the Broward Health Imperial Holistic Care Council meeting, Jan Kinder presented an engaging, thought provoking overview on Color, Light and Vibration in healing ourselves and our patients. Jan is an excellent speaker. She is funny, knowledgeable and generous with her gifts. She took the time to ensure the council was informed, secure and comfortable with both the science and art of applying color, light and vibration to plans of care on creating a path to balance and harmony."*

~ Barry Gallison DNP, APRN-BC, NEA-BC, CPHQ, AHN-BC

*"Outstanding...excellent presentations...very powerful...bring her back." Conference attendees.*

~ Lorraine A. Seidel, MA, RN, CEO, National Federation of Nurses