



Jenna Ponaman
COACHING

Media Kit



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www.jennaponamancoaching.com



Jenna is certified dating & relationship coach, blogger, and speaker. She helps career-driven women find love so they can build a life of happiness, intimacy, and fun, with their partner by their side to support them in every which way.

As a former World Champion figure skater and actress, she utilizes her grace, quirks, and overall uniqueness to support her clients to play full out and not be afraid to express who they really are. Her experience as successful entrepreneur part of the #metoo movement has also allowed her to encourage other women to continue to stand in their strength and use their voices—to say they want love and deserve it just like everyone else.

Jenna holds a Bachelor's Degree in Sociology from California State University, Northridge, with a minor in Political Science, a Professional Certified Coach designation from the International Coaching Federation (ICF), and a



Master Practitioner of the Energy Leadership Index designation through the Institute for Professional Excellence in Coaching. She is a contributor to many podcasts and online publications, such as Bustle, Blog Talk Radio, and Life Coach Radio Network.

Women all over the world have been transformed through Jenna's unique approach, the True Love Experience. By connecting inner desires and passion to their outer goals, her clients have created tangible action steps to find quality men and create lasting, phenomenal relationships.

In addition to her one-on-one coaching programs, Jenna also conducts workshops, and is available for podcast and speaking engagements.

Fun Facts About Jenna:



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Highlights

'Who says you can't have it all? You deserve to love and be loved. To be that strong, independent woman who is respected and cherished by a quality man.'

Coaching & Mentoring

Jenna's successful experiences as a sociologist, entrepreneur, figure skating champion and actress have equipped her with the skills & vision to support women to have successful love lives. Her coaching methods and programs allow her clients to work through their goals with elevated focus and efficiency. Through Jenna's teaching, her coaching clients walk away with the skills & strategies to say goodbye to ghosting and dating total assholes, and hello to CNN and pinot, party for two!

Workshops

Jenna is the founder and host of Conscious Love Coffee Chat. In this workshop, women from all over Los Angeles come together to learn how to cultivate their love lives through conscious action. These women are highly motivated, ambitious, and ready to prioritize their happiness through finding their life partner. Jenna generates workshop curriculum to get down and dirty into the stories they've been taught about love that actually hold them back or attract the wrong men, and creates highly-individualized action plans to create the life they want. The workshop is highly interactive, filled with hands-on exercises and deep, supportive discussion.

Speaking

Jenna's success as a public and motivational speaker is attributed to her ability to connect and empathize with her audience, and create the space for safety, reassurance, and inspiration that they can achieve all that they desire and deserve. While her talks cover a wide variety of in-depth topics, Jenna is gifted at keeping her audience engaged, entertained, and excited for growth. Her mission is to facilitate the movement allowing phenomenal women in business to create phenomenal love through the power of owning exactly who they are, without hesitation.

Blog

Jenna covers a variety of topics from love & relationships, sex & intimacy, dating, and more. In her blogs she shares lessons learned through personal experience, provides coaching exercises, and provides quick tips to up-level your love life, dating life, and sex life.



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"To say investing some time with Jenna changed my life is truly an understatement. I'll be honest, initially I was feeling a bit embarrassed for needing this type of advice. I should know, right? I'm a woman, I know what I want so why is I'm not getting the results I'm looking for? Well I am now thanking all my lucky stars I met Jenna because she truly changed my mind about getting a little push in the right direction."

- Andrea C.

"I used to think I needed to change if I wanted my relationships to work. But after my coaching sessions with Jenna, finding great men became so much easier! She helped me see that I really enjoy the qualities I have, and if I wanted to find a man to appreciate those qualities too, I had to have the courage to lay it all out there! She challenged me to be bold, and I have to admit, it was a bit scary at first. But working with Jenna was like having a best friend that really knows her shit about men. She is so much fun to work with, but more importantly, she makes me feel like I have all the support I need to go out into the dating world and say, "This is me, take it or leave it!"

- Paige E.

"Before, I thought I just had horrible luck at finding descent men. Jenna helped me to understand that it really had nothing to do with luck! Within a few minutes of working with her I became crystal clear of how my mind worked when it came to dating. She gave me exactly the tools I needed to break the old habits, and start developing a new mindset that got me exactly to where I wanted to be! Jenna, you're the best!"

- Lisa H.

"Jenna is an extraordinary talent. She helped me realize where I am in my love life and where I'd like to be. She compassionately provided me with the tools to improve my mindset in making my goals a reality. For someone who's never been in a relationship to be able to find true love for myself and my partner has been an unbelievable experience. Jenna is thoughtful, intelligent and beyond insightful. I look forward to continuing working with Jenna."

- Jordan R.

"I've read all the self-help books you can think of when it comes to love. I had more answers in one hour of working with Jenna than I have reading any of those books. Hands down, the most powerful assessment I've ever experienced!"

- Cindy M.



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Speaker Profile

Jenna is on a mission to revolutionize the dating world, and help phenomenal women cultivate phenomenal love.



Believe
Be Real
Be Bold

She is a highly experienced dating and relationship coach. Jenna has spoken, trained and taught nationally and internationally through multiple in-person and online platforms. She loves supporting women to create truly thriving romantic relationships, build self-love, and step into their lives authentically and empowered.

Her mantra of "Love Starts With You" is the foundation of her entire practice, from her one-on-one communications to speaking events, both large and small. She firmly believes that when you open yourself up to self-acceptance and self-love, you raise your consciousness to a place where you can only ever experience complete and utter fulfillment in all walks of life.

Themes of courage, motivation, self-improvement, empowerment, passion, and dignity come through in all of her speaking events. But her style isn't stiff and strictly formal—She brings lightness, humor, sassiness, and subjective storytelling into her presentation to create a tone of comfort, relatability and fun with her audience.

Speaking topics include:

- The Unintentionally Single Plight
- Modern Dating in a Traditional World
- Dating in a Fortune 500 World
- Am I in Love or am I Attached?
- How to Make Everyday Feel Like the Best Sex of Your Life
- Signs You Have Met a High Value Partner
- 6 Steps to Finding Your Perfect Match
- Sexuality vs. Sensuality – Live Everyday In Sensual Play
- The 6 Ingredients to Mind-Blowing Sex Without Being an Acrobatic Genius
- The Magic of Arguing
- Online Dating for the Phenomenal Woman



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