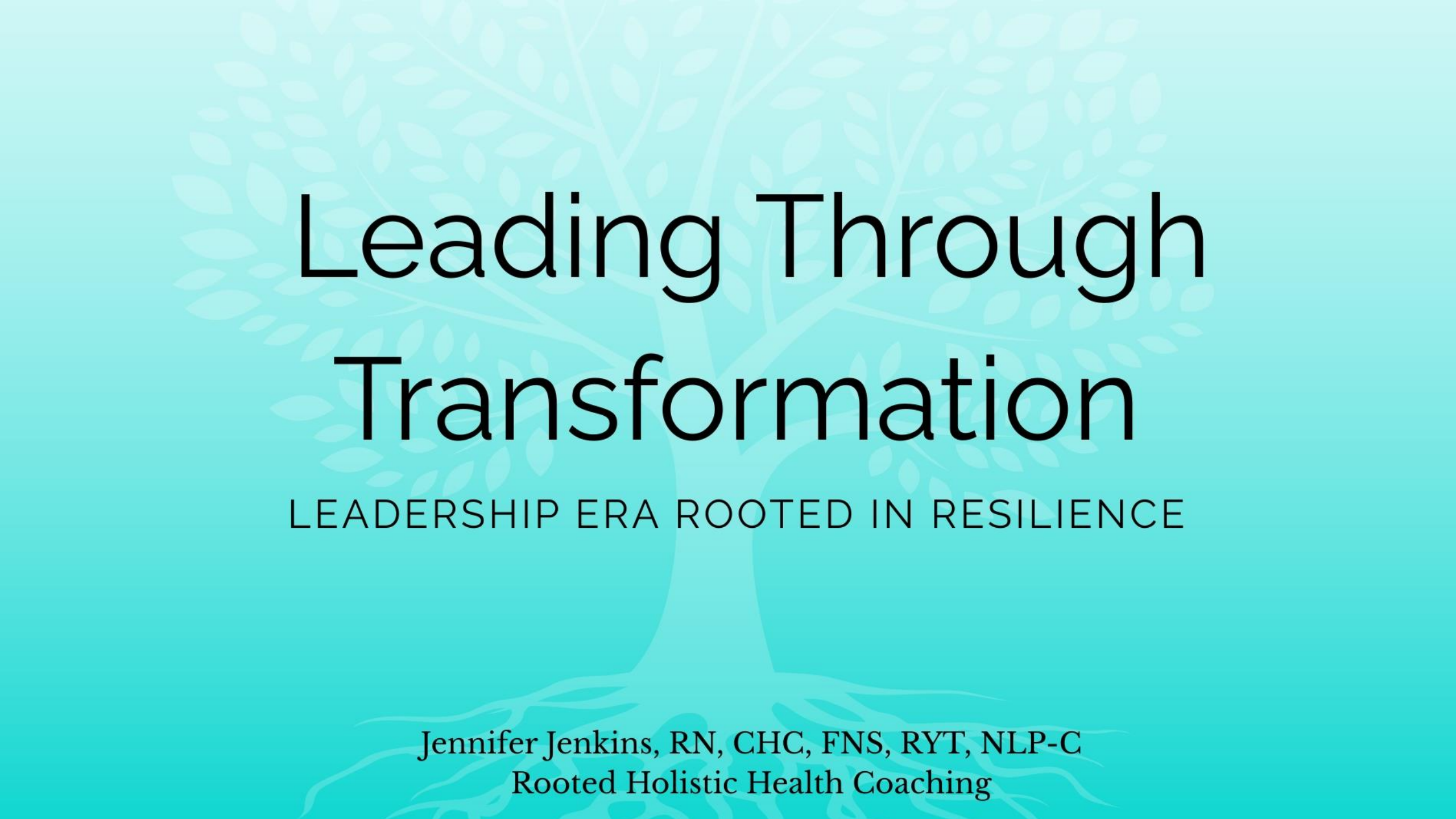
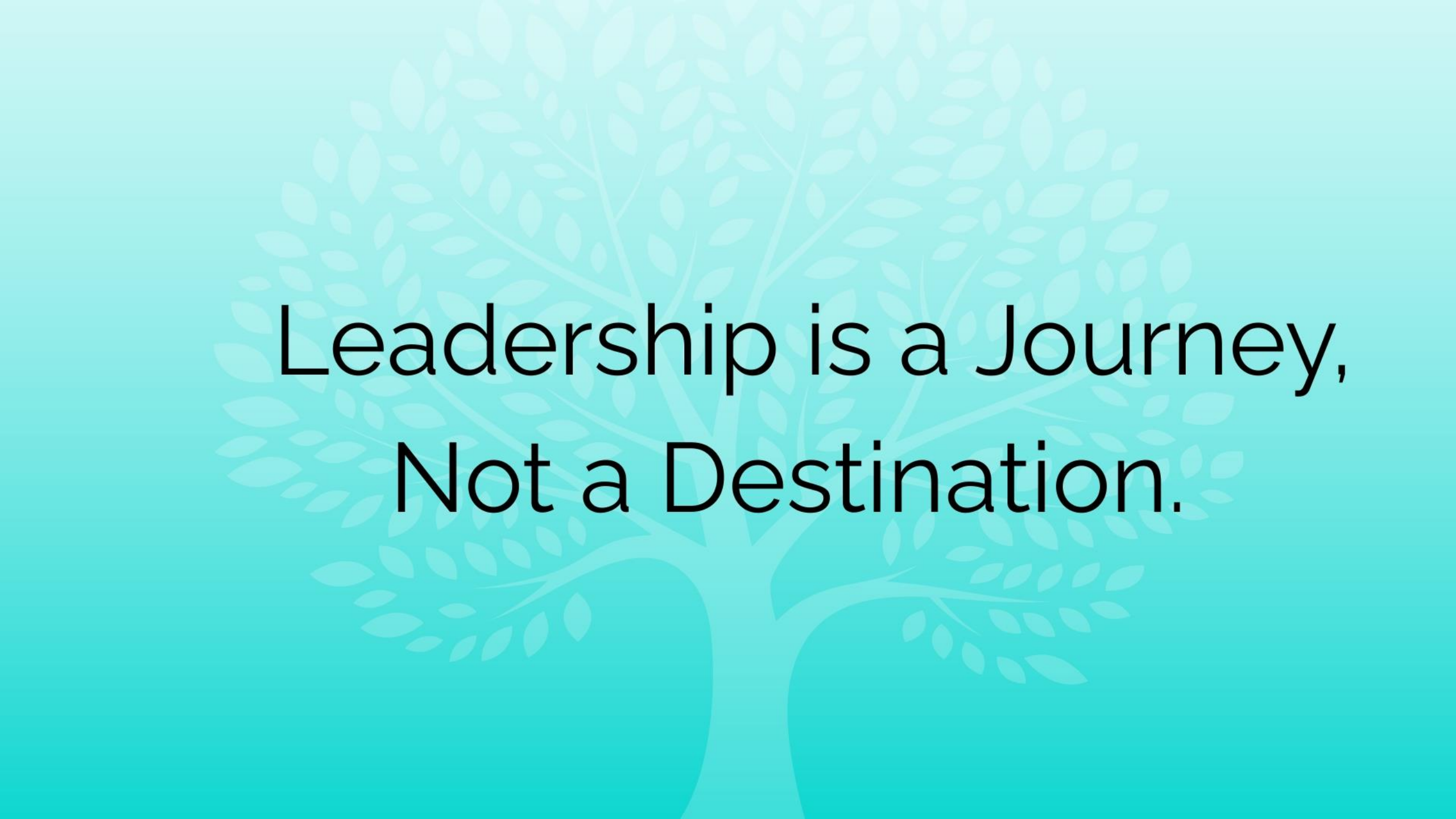




# Leading Through Transformation

LEADERSHIP ERA ROOTED IN RESILIENCE

Jennifer Jenkins, RN, CHC, FNS, RYT, NLP-C  
Rooted Holistic Health Coaching



Leadership is a Journey,  
Not a Destination.



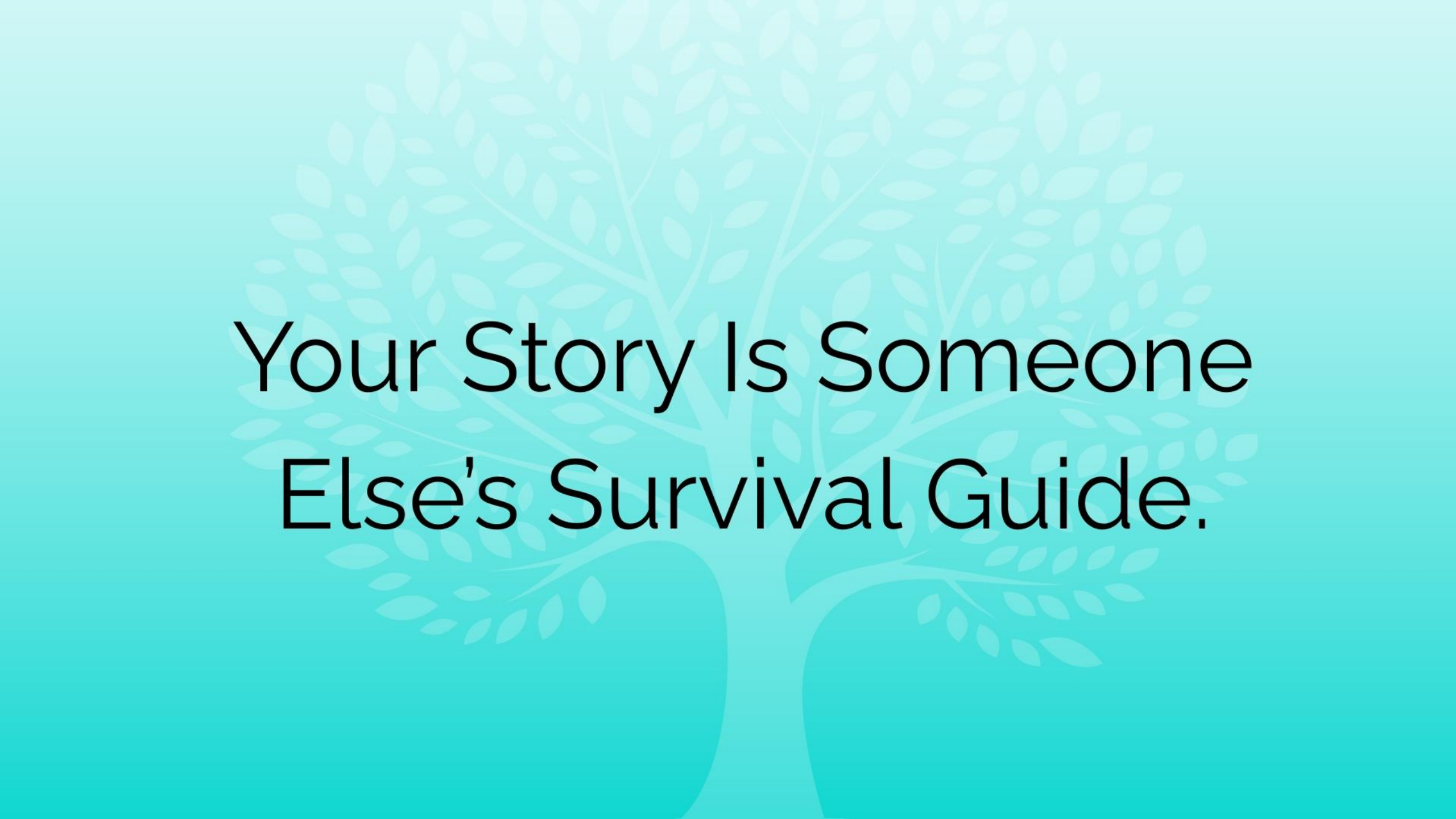
Authentic Leaders Are  
Forged in the Darkness,  
Not the Light





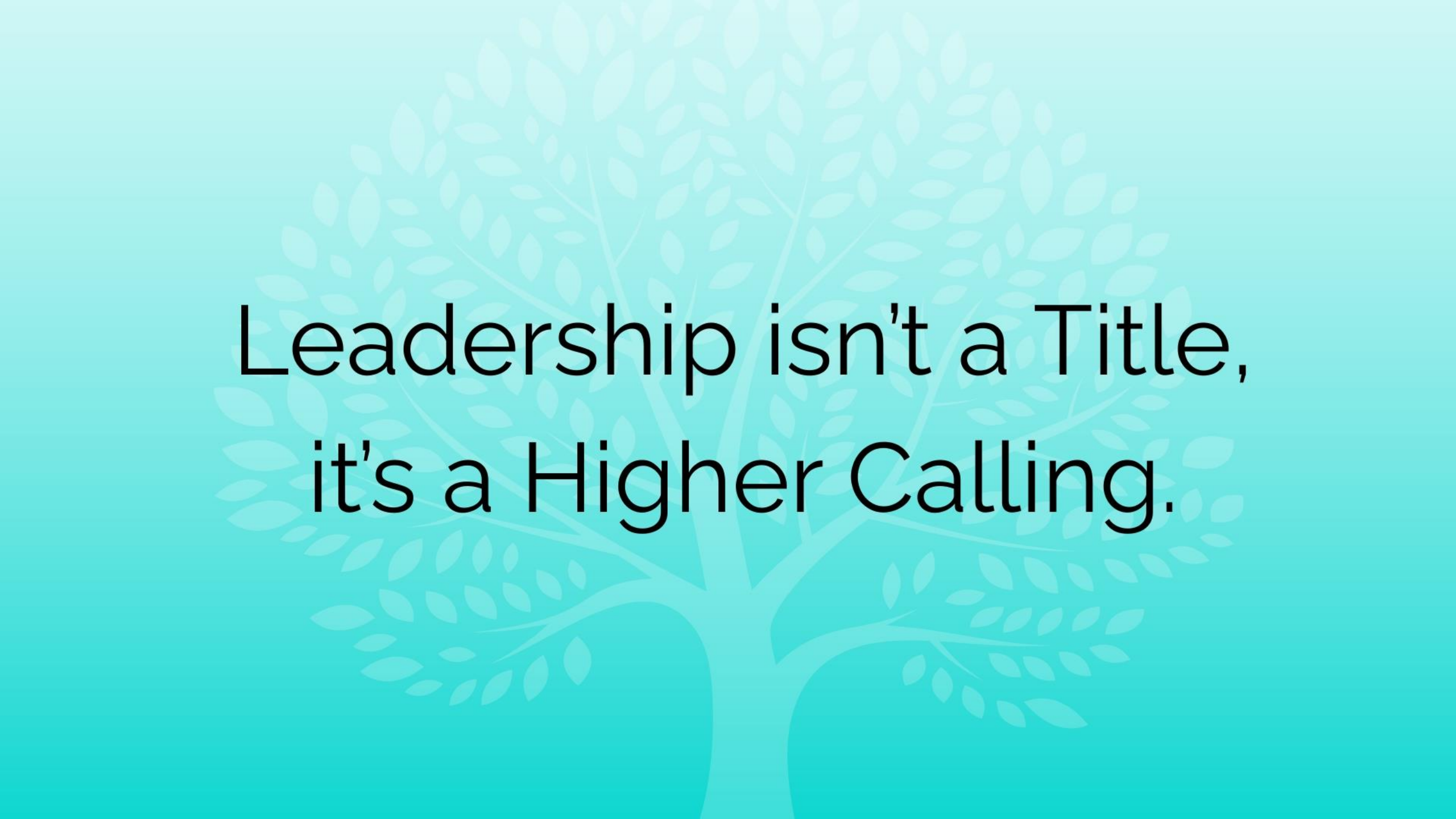


True Strength Is Unveiled  
in Times of Adversity.

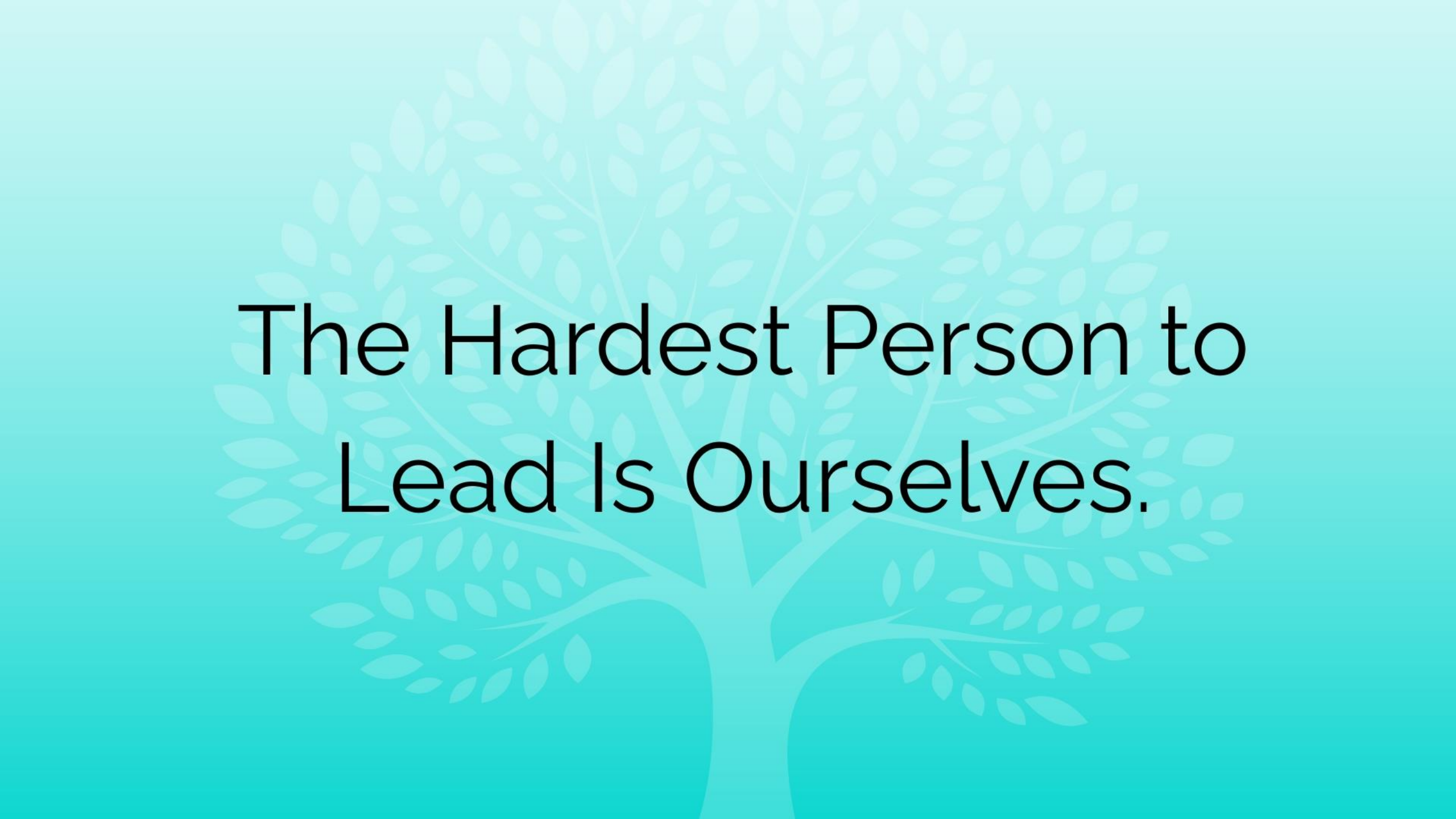


Your Story Is Someone  
Else's Survival Guide.





Leadership isn't a Title,  
it's a Higher Calling.



The Hardest Person to  
Lead Is Ourselves.





# The Rooted Leadership Framework



No Mistakes,  
Only Learnings



Be Authentic





Lead With Your Heart,  
Vision,  
& Purpose

A large, stylized tree with many leaves is centered in the background. The tree is light blue and has a thick trunk. The leaves are small and oval-shaped, also in a light blue color. The background is a solid teal color.

# Master Your Mindset

A large, stylized tree with many leaves is centered in the background. The tree is light blue and has a thick trunk that branches out into many smaller branches, each covered with small, oval-shaped leaves. The background is a solid light blue color.

# Embrace Lifelong Learning





Become Someone Worth  
Following



Invest in Yourself



Lead by Example





Have Fun Along the  
Journey



Manage Your Energy

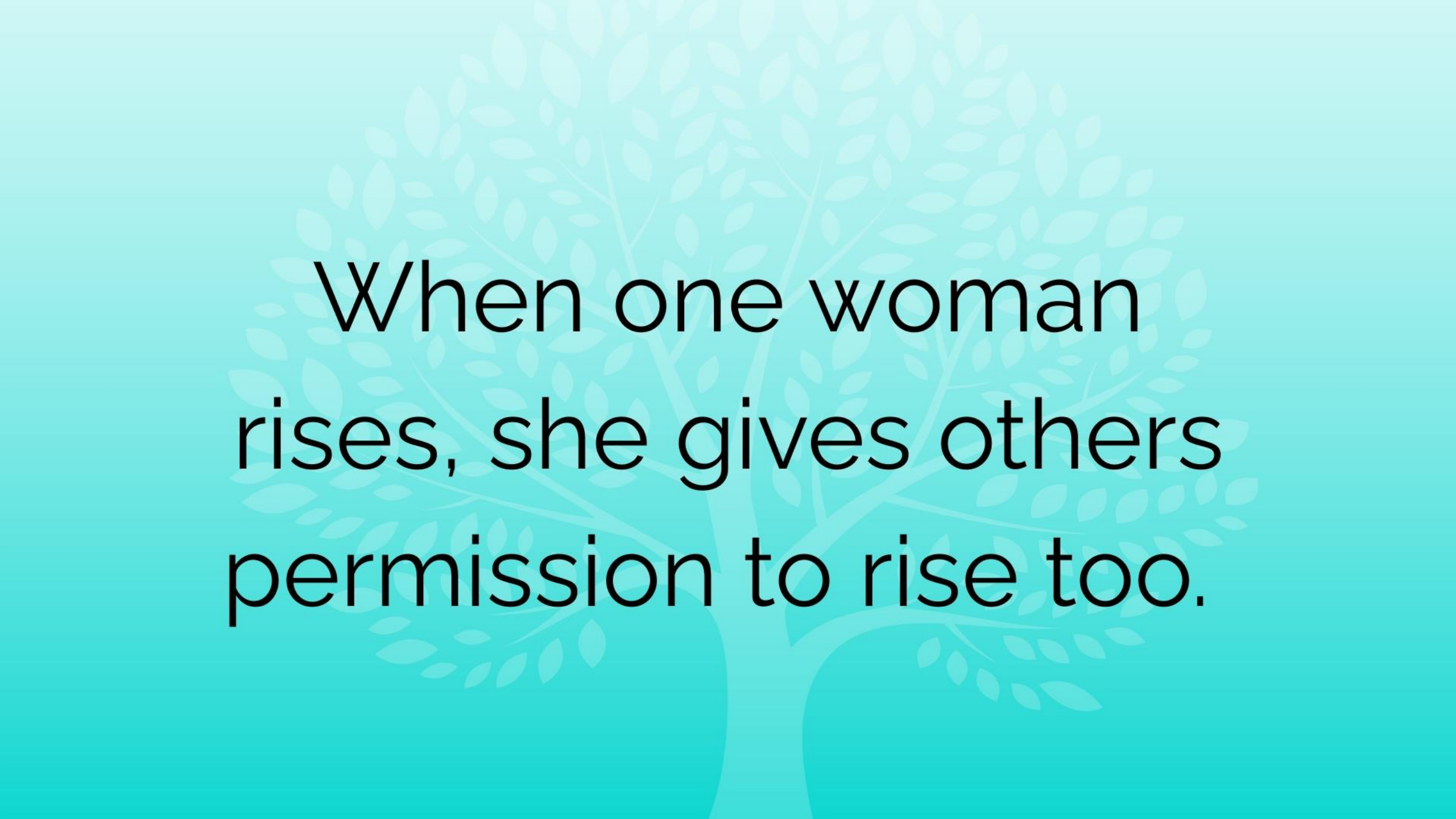


Quitting is NOT an Option





True leaders don't just  
change titles. They  
change lives.



When one woman  
rises, she gives others  
permission to rise too.



*Thank You Gift*  
Master Your Mindset Toolkit

