

# Jennifer Hess Williamson

*Thriver, Leader, Speaker.*

Jennifer Hess Williamson spent years in hiding. Not metaphorically. What she brings to a stage, a room, or a page is the unvarnished truth about what it actually takes to lead. Not the version that sounds good in a keynote. The version that costs something. She pairs raw honesty with practical strategy your team can use Monday morning.



## SIGNATURE TOPICS

- ✓ Organizational Health & Leadership
- ✓ Self-Leadership & Resilience
- ✓ The Myth of Busyness
- ✓ From Survival to Strength
- ✓ Leading through Boundaries
- ✓ Highest and Best

15+

*years of organizational  
leadership*

85,000+

*monthly social media views*

1,500+

*LinkedIn followers*

AS SEEN IN



SYNERGY 2025



CORE | The Breakthrough Experience

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## SPEAKING ENGAGEMENTS

### KEYNOTE: \$1,500

- Professional Keynote (up to 60 minutes)
- Social Media Cross-Promotion

### HALF-DAY: \$2,500

- Half-Day Seminar
- Professional Keynote
- Social Media Cross-Promotion

### FULL-DAY: \$5,000

- Full-Day Seminar
- Professional Keynote
- Blog & Social Media Content

## FEEDBACK

“Jenn raises the truth bar every time.”

*Saina Osifade*

“Jennifer Williamson is a powerful, necessary voice in the survivor space. She doesn’t just share her wounds she shares their wisdom.”

*Raiza Nakhri*

“So much strength & courage was transmitted to me through this. You are a rock, Jenn”

*Katie Pfaff*

## CONTACT DETAILS

Please feel free to reach out to discuss your event.

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# Bio

Jennifer Hess Williamson spent years in hiding. Not metaphorically. After leaving an abusive marriage, she rebuilt her life quietly, and in August 2025, she emerged. What she brings to a stage, a room, or a page is the unvarnished truth about what it actually takes to lead. Not the version that sounds good in a keynote. The version that costs something.

As COO of BMC Accounting and co-founder of GYST Organizational Health, Jennifer has spent 15+ years doing the unglamorous work of building organizations that don't burn their people down. She has rebuilt workflows, developed leaders, and learned the hard way that you cannot lead a team to health if you haven't done that work on yourself first. That conviction became her core message: lead yourself first. Her forthcoming book, *The Myth of Busyness*, takes direct aim at the lie that busy equals valuable. Her signature concepts, Highest and Best, energy mapping and Good before Great are not motivational fluff. They are the tools she used to rebuild her own life and now hands to others.

Jennifer is a mother of nine, a writer, and the kind of woman who shows up fully formed and armed. She speaks on self-leadership, organizational health and resilience, with engagements at Thomson Reuters, She's Me Global Conference, SYNERGY 2025 and CORE: The Breakthrough Experience. Based in Northern Virginia, she reaches 85,000+ monthly views across platforms.