



Adams

Emotional Agility Coaching

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Leading Without Absorbing Everything

Emotional Agility for Women Who Carry the Room

High-capacity women are often praised for anticipating needs, managing reactions, and holding everything together. In this honest and practical keynote, Jennifer helps women distinguish care from carrying, respond to pressure with clarity, and lead without leaving themselves behind.

The work is not to stop caring.
The work is to stop disappearing inside your care.

S See what is happening

T Tell yourself the truth

A Align with what you need

Y You stay with yourself

WHAT PARTICIPANTS TAKE WITH THEM

- Recognize when care has become carrying.
- Identify the hidden cost of emotional and relational labor.
- Use the STAY Framework to respond with clarity and self-trust.
- Communicate needs and boundaries without over-explaining.
- Remain grounded when others are disappointed or resistant.
- Build leadership cultures that do not depend on burnout.

DESIGNED FOR

Women leaders and executives; professional associations; corporate women's networks and ERGs; leadership conferences and retreats; and purpose-driven organizations navigating change.

ABOUT JENNIFER

Jennifer Adams is a certified life coach, speaker, writer, and founder of Adams Emotional Agility Coaching. She draws from more than twenty years of leadership experience guiding people through challenge, change, and growth.

Her work is also shaped by her lived experience of grief, achievement, healing, and learning to stay with herself. Jennifer creates spaces where women feel seen, challenged, and equipped to lead without leaving themselves behind.

With a Master of Fine Arts, she brings a creative, intuitive, and emotionally intelligent lens to leadership.

AVAILABLE FORMATS

45-60 minute keynote
75-90 minute interactive keynote
Half-day leadership workshop

ADDITIONAL EXPERIENCES

**Stop Abandoning Yourself
STAY Under Pressure**

SIGNATURE IDEAS

Care is not the same as carrying.

Your capacity is not consent.

Leadership does not require self-erasure.

Invite Jennifer to speak.

Keynotes and leadership experiences for women who carry the room.

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