

JEN LISS

Coach & Breathworker Motivational Speaker

Jen empowers people to actualize their most brilliant life.

Known for her straightforward coaching, facilitation and speaking style, she approaches self-development with compassion, relatability, humor and fun.

Her podcast, Untethered with Jen Liss, ranks in the top 2.5% of global podcasts, encouraging thousands of listeners to create a career and life that's true to themselves. Her company, Brilliant Breathwork, helps people disconnect from old patterns and create a new, rewarding future.

Jen loves speaking on all stages — live, virtual, and international — sharing her message: By choosing our own joy, we create more joy for everyone.



Jen cares deeply about each person using their unique gifts to make the world a better place (and getting paid for it.)

SUGGESTED TOPICS

- How to overcome fear, doubt, and imposter syndrome by having more *fun*
- Why breathwork and nervous system regulation can support people in reaching their goals
- What you need to feel comfortable with speaking and being in the spotlight
- How being authentically YOU will make you more money
- Why your own joy is your #1 strategy

SUGGESTED QUESTIONS

- What is truly holding people back?
- Where have we gone wrong with traditional self-help and mindset coaching?
- What is breathwork and why should we be doing it?
- How can breathwork support a healthier nervous system?
- How do we overcome imposter syndrome?
- Why are the stakes so high if we don't follow our dreams?

Instagram

[@UntetheredJen](#)

Website Links

Jenliss.com

Podcast

JenLiss.com/podcast

Email

hello@jenliss.com

JEN LISS

Host of the podcast
Untethered with Jen Liss

Jen's podcast, Untethered with Jen Liss educates and inspires people to break free from societal expectations so they can live a more brilliant life.

Now with 200+ episodes, it's **in the top 2.5% of all global podcasts**, encouraging thousands of listeners to align with their truth, unleash their creativity, and go for their dreams.

Known for her truth-packed and humerus interviews with people who are living life on their terms, Jen makes self-development work relatable, approachable, and fun. Jen has been honored to speak on stage across the U.S. and internationally.



Jen cares deeply about each person using their unique gifts to make the world a better place (and getting paid for it.)

EXPERT TOPICS

- How to overcome fear, doubt, and imposter syndrome by having more fun
- Why breathwork and nervous system regulation can support people in reaching their goals
- What you need to feel comfortable with speaking and being in the spotlight
- How being authentically YOU will make you more money
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BY THE NUMBERS

Listenership grew 5x in 2023

Downloads reaching 25,000+

Top 2.5% of global podcasts (listenotes.com)

Consistent 200+ episodes, 2x per week

Noteable guests include Kate Northrup, Chris Guillebeau, Kelly Roach, Rob Walker, and Kristina Mänd-Lakhiani



Website

JenLiss.com/podcast

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