

Jennifer Rousseau Sedlock ***Speaking to both the head and the heart***

Jennifer Rousseau Sedlock is a professional speaker, author and consultant. She is the principal of *Executive Enhancements* providing motivational keynotes and programs to organizations, associations and chambers of commerce. Jennifer is a professional member of the National Speakers Association and resides in San Diego, California.

For the ten years prior, Jennifer held management and corporate training positions at Office Specialists of Boston, Jenny Craig International of San Diego and Meier & Frank of Portland, Oregon.

Jennifer earned her bachelor's degree in Business Administration at the University of California, Berkeley, where she received an "Entrepreneurship Award" her senior year for the creation of her first company. She earned her master's degree in Organization Development at the University of San Francisco. Her master's thesis tested the validity of the Myers Briggs Type Indicator® Team Report. As a qualified Myers-Briggs Consultant, Jennifer provides assessment and understanding to teams and individuals about differing personality styles.

Jennifer's mission is to enhance the skills, knowledge and success of individuals both personally and professionally. Her career passion and vision is to inspire, educate and empower individuals, teams and organizations to visualize, define, plan and achieve desired goals and dreams at work and in life.