

KEYNOTE SPEAKER

Jen Rulon
TEDx · Author · 15x Ironman

I speak to the woman who's ready to come back to herself.

SIGNATURE TALKS

The Comeback Era: Reinventing Yourself After 40 · Keynote
Strong at Midlife: Movement as Medicine · Keynote or workshop
The Four M's of Midlife Transformation · Workshop
Where the Morphos Dance: Getting Sober, Starting Over, and Finding Home · New for 2027

WHERE I'VE SPOKEN

TEDx, Texas Woman's University
Commencement, UW-Whitewater
iHeartRadio, in-studio NYC
TrainingPeaks course instructor

FORMATS

Keynote · 30–60 min
Workshop · 90 min to half day
Fireside chat · 30–45 min
Virtual · 30–60 min

GREAT FIT FOR

Women's leadership events · Midlife & menopause summits · Corporate wellness & ERGs · Book events · Women's health brands

"Invite Jen to speak to your group—she'll connect, motivate, and make you think differently. Honest, open, and real, she's a natural breath of fresh air." — Jess Massey

BOOK JEN: JEN@JENRULON.COM · CALENDLY.COM/COACHJEN/MEDIA-PODCAST-INQUIRY
IN-PERSON EVENTS TRAVEL FROM COSTA RICA. FEES QUOTED BY FORMAT AND TRAVEL.