MEDIA KIT

Ellen McGinnis

Life and Leadership Strategist · Speaker · Author · Host of the Live Your Jam podcast

Helping women ready for more expand into the fullest expression of who they are.



ABOUT ELLEN

Ellen McGinnis is a Life and Leadership Strategist and speaker who helps women navigate change, trust their judgment and make intentional choices about what comes next. She brings more than two decades of leadership and organizational development experience, including work with SAP, Workday, UC Berkeley and Kaiser Permanente.

Her approach, Inside-Out Expansion, connects intuition and self-trust with practical choices in life and leadership. Ellen is the author of *Living From the Inside Out* and host of the Live Your Jam podcast. Through her writing, workshops, group programs and private one-to-one work, she invites women to hear themselves more clearly and give what they discover room to be lived.

- **20+ years** in leadership and organizational development
- **ICF Associate Certified Coach**
- **iEQ9 Enneagram Accredited Practitioner**
- **Author,** *Living From the Inside Out*
- **Host,** Live Your Jam podcast

AS SEEN ON

TMJ4 The Morning Blend
Television · Watch the segment

What's Brewing Wisconsin
Television · Watch the segment

Live Your Jam: From the Inside Out
Podcast, with Pat Welsh, JD · Watch the episode

"It's okay to want more, even when the life you've built looks good from the outside."

ELLEN MCGINNIS

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INTERVIEW TOPICS

What Ellen *speaks about.*

01
Trusting intuition in serious decisions

Why inner knowing belongs alongside professional rigor.

02
When the life you built no longer fits

How to recognize when you're in a transition, and move through it without losing yourself.

03
It's okay to want more

The guilt many women feel for wanting more when life looks good, and why that desire deserves to be heard.

SAMPLE QUESTIONS

Questions *hosts can ask.*

1. You spent more than twenty years helping leaders through change. What did your own life changes teach you that that work didn't?
2. You've described yourself as "the capable one." What does that role give women, and what does it cost them?
3. Why do so many women feel guilty for wanting more when their lives look good on paper?
4. How can someone tell the difference between intuition, fear and impulse?
5. Why does intuition belong in serious decisions, alongside the facts?
6. What's the difference between a change and a transition?
7. When you came home to the US from living abroad, you asked yourself a question that changed your life. What was it?
8. What is one small step a listener can take this week to hear herself more clearly?

SPOKEN INTRODUCTION

Our guest today is Ellen McGinnis, a Life and Leadership Strategist, speaker, author and host of the Live Your Jam podcast. Ellen brings more than twenty years of leadership and organizational development experience to questions many of us recognize: What do I want now? Can I trust my own knowing? And how do I bring more of myself into the way I live and lead? Please welcome Ellen McGinnis.

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