



# WISE ONE WITHIN

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*Discovering Wisdom Within the Challenge*

## *Meet JT*

Jen Thompson (JT) Trepanier is the **founder of a nonprofit** that brings joy to seriously ill children, an **expert in psychophysiology** (*study of the mind-body connection*), and the **author of *Wise One Within***, where she explores socially taboo topics including death, chronic illness, sensuality, and mothering.



Death became her teacher after she nearly died as a pre-teen, sending her on a dramatic, 36-year autoimmune adventure.

*“It is not about resisting  
the darkness but  
integrating darkness and light.”*

# The Faces of JT

## Speaker & Mentor

In her 1-1 work, groups, and events, JT invites intuitive souls, risk-takers, and impact-makers to break free from hidden struggles and shame, release old patterns, and live authentically by embracing the shift from pain to presence to possibility.



## Reflector & Connector

With her gift for sharing raw truths and creating a safe, non-judgmental space that invites deep vulnerability and true connection, JT's podcasts, events, & groups invite transformative self-reflection and self-growth.

## Nonprofit Founder

After navigating her own chronic illness as a child and becoming a mother herself, JT founded Pile of Puppies (POP), a nonprofit that brings joy to chronically and terminally ill children and their families by surrounding them with a pile of puppies. POP's mottos are "Within darkness, there is light," and "Joy heals."



# Signature Talks



**Death as My Teacher:**  
*Finding Joy in Life*



**Motherhood & Chronic Illness:**  
*Discovering Wisdom Within the Challenge*



**Psycho-spiritual Sensuality:**  
*Tapping into Creative Power*



**Pile of Puppies:**  
*Building a Nonprofit Dream*

## Suggested Interview Questions

- What was the impetus for writing your book, *Wise One Within*?
- How did receiving a hard truth lead to the birth of your nonprofit?
- What has supported you in embracing a shame-free life?
- In your work with socio-economically diverse clients (both wealthy & poor), what have you learned?
- How has death been your teacher?
- How has sensuality been a source of life force for you?
- How have you managed autoimmune issues as a mom?
- What does it mean to “flip that shit?”
- *Bonus for fun: Ask JT about losing her virginity on Halloween... a great example of “flip that shit!”*



# ✦ *Speaker & Author Praise* ✦

"JT's presentation was outstanding. She is to be commended.

**Our board was deeply touched."**

~ Clifford A. Walters, MD, President, Walters Foundation

"JT possesses **a gift for captivating her audience**. Her storytelling was engaging even without her physical presence, and her charisma and authenticity created **an instant connection**. She earned the highest rating from our kind yet opinionated Peer Counselors—no easy feat.

**I recommend her to any school or organization."**

~ Ali Franks, Beverly Hills High School Counselor

"Her **raw truths** make everyone in the room **feel seen**."

~ Carson Pickett, Medical Student President, Nat'l Univ. of Natural Medicine

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## *As Seen On...*



 @JT\_Trepanier

 @wiseonewithin

 @JenniferThompsonTrepanier

## *Connect:*

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