

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 <u>Pile of Puppies</u> (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



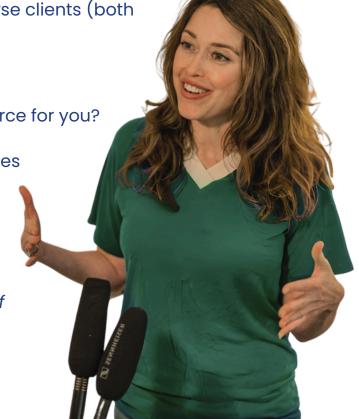
Pile of Puppies:

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!"



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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

As Seen On...







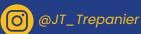
















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Connect:
www.wiseonewithin.com