

## **Speaker Sheet**

### **Jenny White**

#### **I'm Still Standing**

In this powerful keynote, Jenny White shares her personal journey of surviving brain tumor surgery, waking from a coma, navigating memory loss, and relearning how to walk, talk, and rebuild her life.

Through her story of resilience and reinvention, Jenny helps audiences understand what it means to begin again after a complete life change.

#### **Audience Takeaways:**

- Learn how to reframe adversity without minimizing the pain
- Understand the emotional impact of identity loss after trauma or illness
- Discover practical ways to rebuild hope, confidence and purpose
- Recognize the power of small steps in long term recovery
- Leave with renewed courage to move forward after life disruption

## **From Nurse to Patient** **Lessons Learned About Resilience, Identity And Hope**

Drawing from more than 30 years in healthcare and her own life-altering experience as a patient, Jenny offers a deeply human perspective on recovery, compassion, and the patient experience.

### **Audience Takeaways:**

- Understand the emotional side of patient recovery
- Explore the connection between healthcare, identity, and resilience
- Gain insight into the lived experience behind medical trauma
- Reconnect with the human impact of care, compassion and advocacy.

## **The REBUILD Framework-Jenny's Path to Recovery**

This session introduces Jenny's practical framework for navigating major life transitions, recovery, and personal reinvention. It is ideal for audiences experiencing change, grief, health challenges, burnout or identity shifts.

### **Audience Takeaways:**

- Identify where they are in their own rebuilding process
- Learn a simple framework for moving through disruption
- Develop language for hope, healing, and personal resilience
- Understand how to take meaningful steps forward after loss or change