



Supporting MIDLIFE AWAKENING, LIFE TRANSITIONS, & BURNOUT RECOVERY

If you are ready for your midlife awakening, it would be my honor to support you. As a mindful coach and educator, I am equipped to hold space for you with a deep sense of empathy and compassion. I've developed three key pillars to support your journey.



Be Yourself

Discover who you are by letting go of self-judgment and the life rules that are no longer serving you.



Show Yourself

Learn to live authentically, without the fear of judgment from others, to speak and feel from your truth.



Grow Yourself

Embrace a growth mindset of lifelong learning, discovery and connection.

I am available to work with both individuals and organizations.



Who I Am

Jen Jortner Cassidy is the founder of Be Yourself, Show Yourself, Grow Yourself, LLC, a boutique firm specializing in coaching, education, and mindfulness.

She has worked in the learning technology industry for decades and started her career in Learning & Development. She's served in customer success roles as an individual contributor, enablement consultant, and in leadership. Her career journey has included time at General Reinsurance Corporation, Lynda.com, LinkedIn, and most recently Oji Life Lab.

Certifications

- Certified Professional Coach, iPec Coaching
- Certified Life & Transitions Coach, iPec Coaching
- Energy Leadership Master Practitioner, iPec Coaching
- Inner MBA Certificate, New York University
- Mindfulness Studies Certificate, Lesley University
- MSc. - Adult & Organizational Learning, Suffolk University
- BSc. - Management, UMass Boston



Services

Coaching

- Private Coaching
- Group Programs
- Energy Assessment and Debrief

Mindfulness

- Mindful Inspiration Breaks
- Customized Meditation
- Yoga Nidra (Coming soon)

Speaking and Workshops

- Mindfulness in the Flow
- The Joy of Curiosity & Learning
- Balance & Boundaries
- Insight Dialogue
- Authentically Sharing Your Gifts on LinkedIn
- Flowing Through Life's Transitions
- Custom Workshops and Facilitation

