

Jenny Bair, MHE, COO, Living Well & Wellness Inc.

Her Values & Passions

-I value doing your very best to live with integrity and character; the courage to show up even when life feels like you've been presented with lemons. I strive to help those I work with create a tasty lemonade better than store bought that's for sure; it will be a very unique brew!

-I'm passionate about people. I never weary of learning people's stories – their lives trials, tribulations, joys and successes. I love getting the privilege of getting to the hooley, gooey, not so pretty, and all of the lovely parts of a person's life and helping them to tweak out patterns that aren't working and keep what is working.



-I value the pursuit of TRUTH. I am by nature a super naturally curious being. I'm not sure that my Mom ever really knew how to handle all of my tiresome questions. My curiosity and intuitive nature lead me quickly get the possible root or source/s of the challenge.

-I value LOVE in A-C-T-I-O-N in the world. I'm passionate about helping individuals find LOVE within themselves, their love relationships, with their kids if they have them, and their community at large. I still believe in holding hands, really getting to know each other and deep committed LOVE. Yes, I'm an old school romantic at heart and love getting the inner heartbeat of couple and family systems. Sidebar thought: How we handle LOVE in action at home through communication tends to show up in our work environments too; family systems, company work systems.

-I'm also a perpetual problem solver that likes to find the "YES!" in what feels like an unsolvable problem situation. I can lead my clients even in times of uncertainty, doubt, and adversity to find a solution that can lead to a solvable Victorious Success.

-I value honesty, consistency and always finding a way to see the humor in things. I've been said to roll in a little LIFE stand-up comedy when I teach, speak and coach. Humor can heal us all. So, even in some of the grogginess of life's times or a career challenges; having the gift of levity will help sustain your inner chutzpah.

-I'm passionate about learning, reading, thinking, postulating, with a "Make it Happen" spirit of follow through. I love taking information that is nebulous and creating a straight forward Make It Happen plan and helping my clients get to check off the list of to-do's.

-I'm passionate about ALL things business, medicine, health, resiliency, open organizations, healthy rituals, and creating a new system of what health care and self-care mean in our country.

Her Super Powers

-I can listen to what is being said and not being said out loud and weave together the right questioning, tactics and steps for my client's' A-C-T-I-O-N plan. I am wired to be a BIG Picture and Detail Oriented thinker all-at-once and use that ability to benefit my team and my client's care.

-"I can bring home the bacon and fry it up in a pan and never, never, never let you forget that your life, relationships and that your work matter because I'm a gifted coach..." (That song was from the 70's if you don't know it; I did change a few words for fun here) I have a weird undying affliction to help empower others to see their truth and live to their optimum state of well-being while staying connected to themselves and others in a state of self-acceptance. Call it

“cheesy” but systems change, thrive and create deliverables based on its participants’ state of inner affairs. We’re all interconnected. So, there is choice in how we connect to ourselves and others.

-I have the ability to sit with people in emotional, relational, career, spiritual and physical pain and still love to get up and do it again the next day. The ride of life and how people show up never cease to amaze me and keeps me excited about my profession.

-I feel comfortable in coaching and speaking settings to talk about the “stuff” that most others don’t want to...like relationships, crucial conversations, marriage, parenting, unfavorable feelings, and all things intimate and sexual health. Probably because I lost someone very important to AIDS my senior year in high school that transformed my ability to just be more OPEN and be a seeker of spreading FACTS that help others make SAFER, Healthier decisions. This was the event that changed the course of my career into Health Education and Wellness Promotion.

Her Facts, Figures & Stats

-I’m absolutely the person you want to invite to a party or meeting to bring some life to it; I’m absolutely *not* the person to set up your IT Department or anything involving too many Excel spreadsheets with fancy calculations.

-Since I was 9, I have been leading the neighborhood kids in babysitting, errand running, basically money making endeavors and have continued to rise to the top leadership & management positions at every position I’ve held in my personal or professional realms. I seem to thrive there.

-Creating events, classes, education, screenings, is a love of mine. I’ve created events from 4 people to community wide events of 100’s and over 5000 when I helped open a hospital in Austin. I love different scope and project scale and am not afraid of “scope creep.”

-One of the only things I ever got in trouble for at my “jobs” before I was self-employed was, “Jenny, you toooooo many ideas.” Hmmm...

-If I’m not working, teaching or reading then I’m exercising, dancing, out in nature, getting on the crafty train, making some body products with essential oils or cooking to make recipes for my cookbook.

Jenny’s Differentiation

-I really care, therefore, I risk and sometimes I get hurt but I always risk again when people are concerned because PEOPLE MATTER to me and where they want go in their careers and lives matter to me. I love my clients’ A-Ha moments.

-I want my client’s to have an experience that will start shifting their lives; get them to start seeing me less when they have graduated and come back when they need a plan from “falling off the wagon of life or things have just gotten out of hand at work.”

Ms. Bair is Looking for.....

-Clients who feel STUCK, want to experience success but aren’t feeling it right now, need a grasp on what to tackle next, how to have sticky conversations, how to prioritize what matters most, how to be seen and valued for their wirings, and want someone that will stick with them even when it’s uncomfortable, is completely approachable and non-judging and prod them further into the unknown at least with a spot-on customized strategic plan.

-Those who want to change how they see and feel about themselves so that their most intimate relationships experience the positive impact too. When one person changes; the other will get posed with the same opportunity as well. There’s a big space for MAGIC to happen.

-Solidifying speaking engagements, retreat facilitation and media appearances to talk about all things LIFE, LOVE & BUSINESS.

-Female clients and couples who want to explore going deeper, to have more meaningful, fun, sexy adventures, have more solid interactions with their kiddos if they have them, get the household logistics ironed out of who does what when to spend more time connecting vs. complaining, upping the ante on communication and more!!

Bottom Line

Jenny's clients craft extraordinary careers and lives by:

- Gaining clarity on their deepest values and highest aspirations,
- How to act deliberately and intentionally in pursuit of a goal,
- Thinking flexibly and creatively to solve problems
- Demonstrating resiliency in response to adversity

If you would like to schedule a 20 minute phone consultation with Ms. Bair, MHE, COO, to see if you're a fit for collaboration then please call 972-930-0260. You can learn more about what Jenny and her business partner, Betty Murray, CEO, have created at Living Well Health and Wellness Center at www.livingwelldallas.com.

Jenny has spoken and taught to thousands of people in her career; appeared on Good Morning Texas with Pat Smith, YouTube educational videos, written for several local publications including Home Magazine, Natural Awakenings, North Texas Kids Magazine, written 100's of wellness/medical newsletters for all of her positions, a blog called Deliberate Acts of Love is writing several workbooks and a cookbook.

Some of her satisfied clients have been: NAPO(National Association of Professional Organizers) Board, GIG(Gluten Intolerance Board of North America), United Way, Heatley Capital, Caldwell Banker, Paige's Angels, Dallas CONTACT, Women's Department of Health, The Office of US Armed Forces, multiple chapters of GIG, SMU, Mary Kay Directors/Consultants, The Widows Journey, and more.