



Jennifer D. Culver, CPC

@ Jentle Wellness, LLC

Embrace a Gentle World

Contact Jen for a FREE
1-hr Coaching Session

Jennifer D. Culver, CPC ("Jentle Jen")

Certified Professional Coach ♦ Business
Consultant ♦ Reiki Master ♦ Seva Stress Release
Acupressure Practitioner ♦ Writer ♦ Speaker ♦
Workshop Creator & Facilitator ♦ Radio Personality

“ My journey to a Gentle World has stepped through various work/life transitions, health challenges, and the loss of a child. I’ve experienced the challenges facing my clients. It’s provided me opportunities to engulf a “new normal” and step up to a new “me.” I am strong and thankful for these growth happenings.

Once thriving in successive corporate roles, my most dramatic transition was to follow my passion for wellness and the mind/body/spirit connection. I practiced educating and motivating others informally in a grass roots effort in my corporate career, and I now take it mainstream. I walk the talk personally as I am active in yoga, tai chi, reiki, coaching, running, walking, reading/reflection, cooking, journaling,

and meditation. I am most at peace in the outdoors, enjoying the earth, sun, and water...especially the water.

Daily reflection is the highlight of my day. Following closely behind is the joy I feel assisting others in their journey. Coaching others to follow their path to a Gentle World enhances my own path. Additionally, my spirituality significantly vibrates as a reiki master. I walk this path mentally, spiritually, and physically. ”



Credentials

Wellth of Knowledge

- Accounting
- Acupressure
- Business Consulting
- Coaching
- Mentoring
- Office Management
- Operations Management
- Organizational Behavior
- Process Improvement/Lean Efforts
- Reiki Holistic Healing
- Software Systems
- Team Leadership
- Wellness Programs
- Professional Speaker

Professional Certifications

- Business Administration
- Certified Professional Coach
- Seva Stress Release Certified Acupressure
- Certified Reiki Master

Current Professional Affiliations/Education

- Daycare Board of Directors
- BizyMoms.com Expert Author
- Ezine Articles Expert Author
- International Coach Academy
- International Coach Federation
- International Assoc. of Reiki Professionals
- Nature’s Pathways Magazine
- Radio Therapy Online
- Wautoma Area Kiwanis
- Wautoma High School Key Club Advisor
- Waushara Area Chamber of Commerce

Former Professional Affiliations/Education

- Clayton College of Natural Health
- Dale Carnegie Leadership
- International Coach Academy
- SAP Academy
- University of WI – Eau Claire: Marketing
- University of WI – Milwaukee: Mgmt Info Systems