



KEYNOTE AND WORKSHOP SPEAKER

# Detach Your Identity From Your Role

## *The Identity Reset Experience*

A framework for anyone who has ever lost themselves in a role, so that setbacks, layoffs, and high-pressure seasons stop feeling like a threat to who you are.

### ABOUT JEN

#### Jen Ables built something extraordinary, and then watched it disappear.

As Founder of Soldiers Who Salsa, she grew a dance therapy nonprofit to 22 locations, earned a Changemaker designation at the White House United State of Women Summit, and was named a Woman of the Year finalist in San Diego. Then her health collapsed, her organization folded, and she was left asking the question that changed everything: *If I'm no longer the Founder, the leader, the Executive Director, who am I?*

A trained improv performer and lifelong Broadway aficionado, she brings a rare combination of genuine vulnerability and comedic timing to every stage. The answer to that question became a framework, and the framework became an experience that transforms how people relate to their work, their roles, and themselves.

## Jen Ables

SPEAKER · STORYTELLER · FACILITATOR

### CREDENTIALS

- **Changemaker**  
White House United State of Women Summit
- **Founder, Soldiers Who Salsa**  
Dance therapy nonprofit across 22 locations nationwide; brought Salsa Night to deployed troops in Afghanistan
- **Woman of the Year Finalist**  
San Diego
- **30+ Years**  
Public speaking and training, facilitation, and sales
- **Author**  
The Identity Reset: A Pick-Any-Page Journal

### SPEAKS TO

- Corporate teams and conferences
- Women's leadership events
- Burnout and wellness summits
- Career transition programs
- Nonprofit and mission-driven orgs

### CONTACT

- Email** jen@jenables.com
- Phone** (301) 529-9431
- Web** jenables.com
- Location** San Diego, CA
- Available** In-person keynote or virtual webinar

### SIGNATURE TALK

#### Who Am I Anymore? The Identity Reset Experience.

Using an original Roles vs. Character Traits framework — and a healthy dose of humor — Jen guides audiences through a live interactive experience that separates who they are from what they do. Participants identify the red flags they've been ignoring, discover the character traits that define them across every role they play, and leave with a portable identity anchor they can return to through promotions, layoffs, career pivots, and high-pressure seasons.

**Available as:** 30 to 45-min keynote or interactive workshop

### AUDIENCE OUTCOMES

A personal character traits inventory that survives any role change

Clarity on where role and identity have fused and how to gently separate them

A portable identity anchor to return to during high-stress seasons

Practical ways to bring more of their authentic self into their current role

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*You either can't stop laughing or you can hear a pin drop. Jen has the rare quality of weaving vulnerability, resilience, and comedy in a magical way. I can't recommend her enough.*

JEFF HARRY, TEDX SPEAKER · FORBES, NATGEO, NPR CONTRIBUTOR

### IDEAL AUDIENCES

KNOWLEDGE WORKERS

MANAGERS AND LEADERS

CAREER TRANSITIONERS

WOMEN'S EVENTS

TEACHERS AND EDUCATORS

FOUNDERS