

# Jennifer Swann



**Speaker. Life Coach.  
Bad A\*\* Mother.**

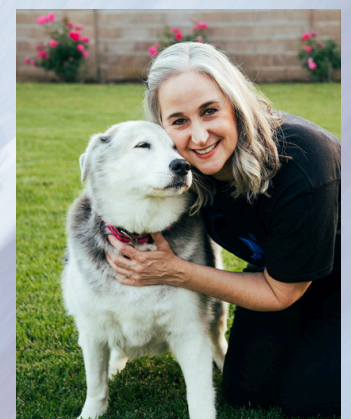
# Meet Jennifer

Jennifer Swann is a constitutional lawyer turned public speaker and transformational life coach who found her purpose and passion in sharing her journey as the mother of a child living with a life-threatening neuromuscular disease (Spinal Muscular Atrophy). Jennifer shares profound insights, 15 years in the making, on her daughter Kennedy's superpower of living into her fullest potential, despite the fact that Kennedy cannot move and requires seven machines every day just to stay alive. As a special needs parent, Jennifer is a trusted source for other families internationally on social media, sharing her thought leadership – both pragmatic and inspirational -- on how to empower and support their child with a disability to live the fullest life available to them, while also living their best life as a caregiver.

Jennifer is highly regarded and well-respected for her advocacy and inspirational speaking, making her a beacon of hope and empowerment for many. She is known for helping everyone in the sphere of care around her daughter – from doctors to educators -- to think outside the box, and to always see Kennedy first as a perfectly empowered human being. Jennifer's broader advocacy work includes testifying before an FDA advisory committee in support of gene therapy treatment for Spinal Muscular Atrophy. She has also collaborated with state legislators and nursing agencies to increase home health nursing wages in California.

Today, Jennifer's focus is on sharing her story of hope and inspiration. She has spoken to hundreds of people about her shift in perspective over her parenting journey. She and her daughter have been featured on multiple prominent local media outlets, including KCAL News and the Voice of OC.

Jennifer began her college education focusing on professional musical theater but shifted gears to law school when she felt a calling to combine her love of being in front of an audience with her passion for advocacy. Little did she know how much, years later, her advocacy skills as an attorney would serve her as the mother of a child with a disability. With 20 years of experience as an attorney, Jennifer holds a Bachelor's degree in French & Communications from USC, where she was a Phi Beta Kappa, and a Juris Doctor from U.C. Berkeley, where she won the Harmon Prize for Environmental Writing. She has published law review articles in the areas of environmental and criminal law. Jennifer is a certified DreamBuilder Coach and Life Mastery Consultant with the Brave Thinking Institute. She holds a first-degree black belt in GoJu Shin Ryu Karate, which she earned at 47 years old.



# Signature Program #1: Rooted & Rising

**(for parents and caregivers of children with special needs)**

Every parent and caregiver of a child with special needs deserves to experience the joy and fulfillment of living into their fullest potential, and the child deserves the same.

Countless parents and caregivers long for a more fulfilling life for themselves and their loved one, but cannot see a way forward given the real-life demands of disease/condition management and caregiving, and the perception of being trapped. The result is that most of them (caregivers and carees alike!) experience feelings of isolation, limitation, overwhelm, and unlived life.

Jennifer has lived this herself as the primary caregiver of a child with a life-threatening neuromuscular condition and another child with autism. Following her daughter's lead, Jennifer found a different way of living. and has developed a curriculum called the FLOURISH Method, which empowers parents and caregivers to break free from the constraints of tunnel vision and embrace a life of joy and fulfillment by living with audacity-- and to support their loved one in doing the same.

Through Jennifer's proprietary curriculum, parents & caregivers learn how to:

- (1) Create a foundation of balance and resilience by filling their own cup first
- (2) Adopt a new perspective that opens the mind to possibilities beyond the challenge
- (3) Live into the joy that exists right where they are, no matter what is going on
- (4) Unleash main character energy to reclaim personal power and purpose
- (5) Filter out the naysayers and focus on the voices that support and empower
- (6) Build a village to leverage the support available to them as they live into more life
- (7) Be willing to get out of their comfort zone in the interest of living expansively
- (8) Navigate challenges that arise on the way to their fullest life

This content can be delivered in a keynote or workshop style and dives into some of the key mindset shifts, strategies, and tools that are part of Jennifer's system of transformation for parents of children with special needs. The content offers a powerful reminder that with the right perspective, tools, and vision, anyone can create a life that is extraordinary even in the midst of caregiving. Join Jennifer for an inspiring and transformative session that will leave attendees equipped to live boldly, love deeply, and embrace the audacity of unlimited living.

# Signature Program #2:

## Living Proof: Limits are an Illusion

(a powerful message of living boldly  
no matter your circumstance)

When Jennifer's daughter Kennedy was diagnosed with the childhood version of ALS at just 9 months old, life was shifted in a way Jennifer did not feel prepared to navigate. While Kennedy lost all voluntary muscle movement over the next 6 months, and became dependent on half a dozen machines just to stay alive, life got very small ... until one decision changed everything.

Not expected to live past the age of two, Kennedy is now 15 years old. She is fully aware of what's going on and is verbal, but she cannot move, lives on a ventilator, and requires 24-hour care. And yet, she does not see her disability as a limitation to her living a life she loves. She attends school in person, does musical theater with a caregiver on stage with her, performed with show choir and color guard her freshman year of high school, and lives a very active social life complete with FaceTimes, hanging out with friends, and trips to the mall.

We all face challenging circumstances in our lives at one time or another – short-term or ongoing. But the choice is ours to allow those circumstances to stop us from living our best lives. We each decide how we navigate and experience EVERYTHING, and we can shift course anytime. We each decide whether we live into our potential, and the joy that is available to us right where we are. No excuses. No victimhood. No limits.

With vulnerable storytelling and humility, Jennifer's Living Proof keynote will stop you in your tracks. Whether you're managing massive challenges or simply moving through the motions of a life that feels more like a checklist than a calling, this message is an invitation to remember that you're not meant to just cope *or coast*, you're meant to come alive. This keynote empowers audience members to reclaim their agency, and create a life of purpose, power, and possibility, starting now.\*

\*\*This keynote can be crafted to focus on the power of mindset when navigating challenging circumstances, or the power of living into the joy that is available in the midst of the challenge, or both! This talk can also be tailored to educators, medical professionals and providers, or general audiences.

# Signature Program #3

## The Power of Vision

Are you hearing from that still small voice inside that is calling you to more life, but you don't know how to answer that call? Do you see your circumstances, situations, and conditions as the reason that you can't live into more life? Or, have you been living a life of routine for so long, you've forgotten how to dream?

As a DreamBuilder Coach and Life Mastery Consultant certified by the Brave Thinking Institute, Jennifer teaches the tried-and-true principles of transformation, rooted in the Transcendalist teachings of Ralph Waldo Emerson and Henry David Thoreau. In this eye-opening presentation, Jennifer introduces the audience to the two signals from within that are calling for growth, helps attendees get clarity on their vision for a life they would love, reveals the first essential step necessary to building your dreams, and empowers the audience to move forward even when fear and doubt creep in.

Whether it's a short 10-minute talk, a "Lunch & Learn" training, a motivating keynote speech, or an afternoon workshop – your group, organization, or company will be ignited by this training, and they will THANK YOU for bringing Jennifer in!

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**MASTERY**<sup>™</sup>  
CONSULTANT

**DREAM**  
**BUILDER**<sup>®</sup>  
PROGRAM

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**EQUALITY & EQUITY**

## An Uphill Hike

By **JEANETTE DURAN** Published Jul 26, 2023 Updated Sep 26, 2023 [f.y.who.you.can.trust.Voice.of.OC](#)

The final steps of their hike requires Melanie and Swann to push Kennedy's 180 lbs stroller uphill. Image Description: A photograph of two women with hats beside each other looking down as they push a girl in a stroller uphill on a gravel road. Behind the three of them is a yellow flowered field, further behind are mountains and blue skies. Credit: JEANETTE DURAN PACHECO, Voice of OC

Champion Opinion How and There

## Community News

### Where the insects are 'awesome'

Children representing the biodiversity of Orange County State Park paraded around the Discovery Center led by resource scientist Alissa Ing, and other species, parade around the Discovery Center led by resource scientist Alissa Ing.

### School di prepares Gird Hall

By Brenna Dunkle

A vision casting for a fall of time to honor parents who have contributed to the Orange County school district will be held at the Oct. 18 school board meeting, according to board representative Jack Gird. The board will meet at 7 p.m. in the district office, 1700 Chapman Drive, Orange.

### Discovery Center opens at State Park

By Mariana Napolitano

Children in costume representing the biodiversity of Orange County State Park paraded around the Discovery Center on Sunday at the three entrance to the park to commemorate the 150th anniversary of state parks.

When the sun is in the sky, a variety of bright colors and shapes of insects are seen in the park, including the California Poppy, grazing the fields and. Children and adults surrounded the organized exhibit unveiled to the public for the first time.

The exhibit featured live, butterfly, and insects under microscopes, and magnifying glasses, and children buttons to sign a map showing where counties and forests featured.

Claire Schlotterbeck, (left) executive director of Hills for Everyone, the group that founded the park, enjoys her granddaughters, Kennedy Swann, dressed as a wildflower for the parade. She is shown with daughter Melanie Schlotterbeck (center), also of Hills for Everyone, and daughter Jennifer Trueman.

Torque Galvez, American Indians who created a sustainable life for thousands of years on the hills and valleys.

Chino Hills for some

## Recently featured on:



## Publishing soon:



Coming to the TEDx stage, Fall 2025

# Let's Connect



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