

JENDAYI HARRIS

Emotional Fitness Trainer

877.973.7331

www.emotionalfitnesstrainer.com

IS YOUR ORGANIZATION EMOTIONALLY FIT? ARE YOU?



BIO

Jendayi Harris employs her background of hundreds of books, Emotional Intelligence [Talent Smart & TTI], a true personality assessment geek [MBIT, DiSc], Counseling Psychology with thousands of clinical hours [CCU], business [SHU] and nearly twenty years in corporate to impact the lives of others. She believes productivity is an inside out matter.

Jendayi's participants include Fortune 500 Public Firms, Top Private Firms and Small Business Clients for Group In Person Training, Keynotes, and One on One Coaching: NASA, PepsiCo, Medline, Cisco, Ball, GAO, USDA, Wells Fargo, Ameriprise Financial, Delta Airlines, Lockheed, Brocade, I.H.S Global, Marriott, Menasha, Samsung, Royal Cup Coffee; In addition to Archdiocese ST Louis, and Catholic Charities, as a Corporate Trainer and Keynoter for McGhee Productivity Solutions.

In her personal time she ministers on issues of soul and family restoration by empowering the individual self. She believes the best thing we can do for our families is to take 100% responsibility for our mind, will, emotions, habits and spirit. This includes our responsibility to consistently increase our EQ/EI, effectiveness and efficiency.

Jendayi has a Bachelor of Science in Business Administration from Seton Hall University as a part of the distinguished Martin Luther King Scholars. She received her Masters of Arts in Counseling Psychology and is a Nationally Certified Counselor.

TOPICS

The
Emotionally
Fit
Student

Emotional
Intelligence
for the Next
Generation
Leader

Emotional
Fitness for
Spiritual
Strength

The
Emotional
Fitness
Workout

Social Media

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WHY HIRE ME?

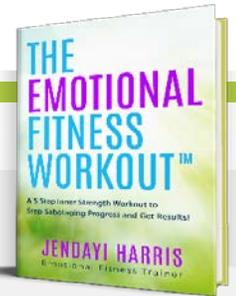


"I've actually done the work. I started learning about Emotional Intelligence in 2003. Emotions were always difficult for me. I wondered, like many of my clients, is EQ heredity? I had them, but didn't understand them.

As a natural thinker type, it took me weeks to figure out how I felt after an event took place. I was emotionally - unfit - and didn't know it. You or your students, employees or colleagues, may be too.

Good thing Emotional Intelligence is completely trainable! I also developed a 5 step, Emotional Strength Training Plan I call - The Emotional Fitness Workout. It's my hope to work with you to help the world get healthier from the inside out."

- J Harris, Emotional Fitness Trainer



Upcoming Book

TESTIMONIALS

"WOW factor I was looking for"

"Ms. Harris was truly the WOW factor I was looking for to add to my inaugural educational alumni event. She was thorough in learning about the audience and great at engaging them. Emotional Intelligence is a topic that I've only started hearing about recently so it was something fresh and relevant for everybody in the audience. I only wish we would have had more than an hour!"

- Dani Traweek, Executive Director, Colorado Ag Leadership Program

"Completely Impressed"

"Meeting and working with Jendayi during a recent conference presentation was a true pleasure. Her personality, exemplary communication skills and ability to engage her audience resulted in free exchange of ideas. Her demonstrated command of the subject and innate ability to guide the topic discussion left her audience not only more knowledgeable, but having a good time! I was completely impressed with Jendayi's performance and would undoubtedly recommend her for other speaking engagements. She simply possesses abilities to have an audience impressed! "

- Dwayne A. Glory, Claims & Underwriting Specialist, Farmers Protective Mutual Insurance

Contact

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Social Media

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