Jennifer Milius - Official Bio

Jen Milius is an author, motivational speaker, and leadership coach. Jen has enjoyed writing and reading since she was a young girl, leading her to earn an undergraduate degree in Communications. Her corporate career path of 20 years involved intense management skills such as public relations, project management, organization development and continuous improvement and leveraged her Master in Business Administration, but it was her love for storytelling, animals and helping people, especially young people, that inspired her to write about her two adorable cats, Einstein and Moo. Einstein and the Leaf is the first of six books in the Einstein and Moo series. There is also an activity book based on the series.

Jen believes that each of us have something special to offer, but sometimes it takes a leap of faith to be willing to share that gift. Yet, when people are doing what they love, there is a joy that they radiate. Jen loves to help motivated professionals and entrepreneurs to go from questioning their next steps and doubting their abilities to transforming into the confident business leaders they are meant to be by breaking through the noise and turning an idea into reality, one step at a time. Jen’s podcast called At the Table with Jen is a blend of personal development, leadership and business and is where you get the strategies, support and connection needed to step up your leadership practice, bring your vision to reality, and own your Inner CEO.

Jen enjoys spending time with family, yoga, cooking, baking, and listening to music.

Check out her website at www.jennifermilius.com. You can like her on Facebook at www.facebook.com/authorJenniferMilius or follow on Instagram at www.instagram.com/authorjennifermilius