**Jennifer L. Bell**

Through her company, My Body Rocks Unlimited, LLC, personal development coach Jennifer Bell has created a space for individuals and groups to embark on a transformative journey towards self-discovery and empowerment. With a holistic approach, MBRU focuses on inner and outer beauty, providing guidance in healthy lifestyle management, building confidence, and enhancing performance and presentation skills. Navigating personal health and career challenges, Jennifer has been aptly dubbed "The Bounce Back Queen." She has cultivated a deep belief in transcending challenges and embracing grace and fortitude as pathways to excellence, confidence, and inner peace.

As a distinguished member of Toastmasters International, Bell garnered local and district awards for her exceptional speaking and presentation skills. Ironically, she transitioned from speaking fluently to embarking on a courageous journey of relearning speech, conquering language barriers, and recovering short-term memory following a stroke that resulted in brain and cognitive impairment. Only two years later surviving sepsis and septic shock, Jennifer has gained profound insights into the vital role that mental and emotional resilience plays in overcoming traumatic events. She has used her harrowing experience to fortify her determination to assist others facing challenging life occurrences.

Throughout her personal challenges and triumphs, Jennifer has dedicated herself to instilling well-being and confidence in women through private coaching sessions and workshops. Her impact reaches diverse organizations and companies, including Burger King Corporate Headquarters, Huddle House, City of Refuge, St. Joseph Mercy Care, and Atlanta’s Metro Transitional Center.

With a creative background in dance and choreography, Jennifer possesses a unique skill set that empowers individuals to radiate confidence both internally and externally. Her significant contributions to musical theatre, film, music videos, commercials, industrial shows, and dance companies across the United States, Europe, and Japan have left an indelible mark on the global stage. Jennifer has graced performances for esteemed recording artists such as T-Pain, Will Smith, Ricky Martin, TLC, and Commissioned. Her prowess extends to television and industrial shows, including The CW, Lifetime, HBO, BMW, IBM, Herbal Life, and more.

As the developer and choreographer of The Atlanta Hawks Dance Team (1990-1994) and the Coach for the Miami Heat Dancers (1996-2000), Jennifer assumed a role of mentorship, guiding dancers in their personal and professional development. Entrusted with shaping their unique styles, refining public service presentations, and representing their team brands with distinction, she played a pivotal role in their growth and success.

Jennifer's journey into resilience, pivoting, and life transitions helped her rebrand herself from being not only a creative force but also an established athletic powerhouse. In 1994 and 1995, she achieved top-ranking status as a fitness competitor, earning a spot as a finalist in Ms. Fitness USA.

Jennifer further expanded her influence by training fellow women fitness competitors, contributing to their grooming, styling, and overall performance enhancement, fostering increased confidence. Her remarkable achievements took place amidst Jennifer's first major health challenge — years of grappling with uterine fibroid tumors. Navigating hospitalizations and medical treatments, Jennifer embarked on a personal journey of self-healing, incorporating personalized nutrition and fitness regimens into her lifestyle. From this transformative experience, she drew profound insights, leading her to extend her knowledge to support other women on their health and fitness journeys. As a result, she became a certified Fitness trainer, teaching workshops, classes and working with numerous private clients for over fifteen years.

As a committed fitness professional, Jennifer transcended traditional training methodologies. Leveraging her expertise, she evolved into a certified Life Coach, offering clients comprehensive guidance and emotional support. This multifaceted approach reflects Jennifer's commitment to providing a holistic and transformative experience for those seeking well-being and balance in their lives. As a speaker and personal development coach, she conducts workshops, webinars, and private coaching on subjects such as Communication and Relationship Mastery, Performance and Presentation Enhancement, and Finding Resilience After Trauma.

Jennifer is a member of the National Speakers Association and is a native of and resides in Atlanta, Georgia.