

MIDlife SWAGGER

AN EXPERIENTIAL RETREAT SESSION FOR WOMEN

Stop editing the life you want.

Through nervous-system education, storytelling, coaching and embodied voice work, Jen invites women to challenge their assumptions about what is practical, reconnect with what they actually want, and expand what feels possible in the next chapter of their lives.

WHAT IF THE LIFE YOU CALL REALISTIC

is only the life you have been willing to imagine so far?

SIGNATURE ACTIVATION

HEY, THAT'S MINE!

Participants name a desire they have been shrinking, notice what happens when claiming it feels exposed, and experiment with breath, posture, volume and permission. The session builds toward an unforgettable, opt-in group declaration: HEY, THAT'S MINE!

WHAT WOMEN LEAVE WITH

- **SEE THE BRAKES**
Recognize protection, hesitation and self-editing without mistaking them for truth.
- **CLAIM MORE**
Practice taking up physical and acoustic space without apology or performance.
- **DREAM WIDER**
Interrupt the practical-thinking reflex before it negotiates desire down.
- **MOVE FORWARD**
Leave with one expanded possibility and a grounded next move toward it.

DESIGNED FOR INTIMATE, HIGH-TOUCH RETREATS

60-minute keynote + activation | 90-minute immersive workshop

Adaptable for guided conversation, panel, or hands-on activation

For accomplished women ready to stop requiring certainty before they allow themselves to want more.

JENNIFER KNIGHT | CREATOR OF MIDlife SWAGGER | RETREAT FACILITATOR + SPEAKER



JENNIFER KNIGHT

Speaker | Coach | Recording Artist

WHY JEN

A certified life coach with advanced trauma-informed training, Jennifer spent 15 years as an occupational therapist. She is also a recording artist and frontwoman with two original albums, a voice actor and teacher, and a seasoned performer whose stages include BottleRock, Larkin Poe, The War and Treaty, and Mike Campbell.

BUILDER + ENTREPRENEUR

She is co-owner and creative director of Ohm Coffee Roasters, grown from a mobile coffee business into a Wine Country roastery and cafés.

THE DIFFERENCE

Jen helps women notice the nervous-system response to expansion - then practice desire, visibility and voice in the body.

NAPA VALLEY | WORLDWIDE