



Special Guest Speaker

Jennifer Shephard Lester



Affectionately known as the “Self-Help Queen”, Jennifer Shephard Lester is a psychotherapist, child advocate, entrepreneur, life coach, motivational speaker, and author. For more than 20 years, she has been a leader in behavioral change working with federal programs and in private practice. Jennifer combines a Master's degree in Psychology from Georgia School of Professional Psychology with a Bachelor's in Psychology from Clark Atlanta University. She was featured as one of Atlanta's top Doctors & Health Care Professionals in Who's Who in Black Atlanta TM 15th Edition for her work in mental health.

In 2008, Lester established the Purpose Project, LLC: a multidisciplinary behavioral healthcare practice that offers mental health services, life coaching, leadership training, and nonprofit management. As a Licensed Professional Counselor, she uses a Cognitive-Behavioral theoretical approach to insure clinically sound and culturally competent practices. The Purpose Project has a proven track record of influencing positive change in organizations, individuals, and families.

Jennifer has received numerous awards for her dedication to improving local communities and empowering others. She is a member of Delta Sigma Theta Sorority, Incorporated and The National Coalition of 100 Black Women, Inc. Along with serving on several boards and committees, she is also the Executive Director of the Big Kidz Foundation; an arts-focused youth development organization that was founded by Antwan “Big Boi” Patton of the iconic group Outkast.

Lester is the author of ‘14 Ways to Find Your Amazing: When Passion and Purpose Collide’. This transformative book shares 14 crucial steps to set you on your journey to find your amazing, the thing that truly makes you special and significant. Beginning with “honoring your calling” and closing with “being thankful,” the book not only exposes how you can learn to use your “why” as power, but it also helps you move beyond stagnating fear to purposeful hope. Each step ends with a call to action, “Journey to Amazing,” that will give you practical tools to develop new habits in order to achieve your amazing. Lester's forward-thinking and electrifying energy has captured audiences worldwide. She is committed to helping people live with passion, power, and productivity.