

The background features a dark purple field with intricate, flowing, wavy lines in a lighter shade of purple. These lines create a sense of movement and depth. A large, semi-transparent rectangle in a slightly darker shade of purple is centered on the page, serving as a backdrop for the text.

AmerisourceBergen



JENNY EVANS

Founder and CEO PowerHouse Performance

Evans is a speaker, author, and on-air expert on physiology and chemistry, as it relates to resiliency, confidence and performance. She is highly experienced, having worked with thousands of C-suite executives, leaders, and employees — from corporations, associations, and universities across the globe.

Her dynamic presentations and training sessions both educate and inspire audiences by linking the stressful challenges of everyday life to the body's own chemistry and physiology. Jenny brings to life the art of optimizing your own chemistry to boost your performance and productivity, all while enhancing your health and energy.

Jenny's events are active, engaging, high-energy, and life-changing – leaving audiences inspired, informed and on their way to leading a more productive life in increasingly demanding business environments.

Her award-winning book – *The Resiliency rEvolution* — has been hailed as a “smart, clever read and super-practical guide to leading a more full and resilient life.” She is also the creator of *Hit the Deck* – the ultimate tool for combating stress and increasing productivity and fitness.

Jenny has spoken on the TEDx stage, is the resiliency subject matter expert for Optum and The Big Know's digital courses, writes as a blogger for The Huffington Post and was NBC KARE 11's Health & Fitness expert for over four years. She has been quoted on National Public Radio, in Health Magazine and Women's Health, while being showcased on FastCompany.com, Inc.com, Entrepreneur.com, Shape.com and Elle.com. Jenny has a bachelor of science degree in kinesiology with an emphasis in psychology from the University of Minnesota and has been an American Council on Exercise Certified Personal Trainer and Group Fitness Instructor for over twenty years.

The background features a dark purple field with intricate, flowing, wavy lines in a lighter shade of purple. These lines create a sense of movement and depth. A large, semi-transparent rectangle is centered over the image, serving as a backdrop for the text.

AmerisourceBergen

Thank
you