

**SPEAKER
KIT**



**JENN
PINKERTON**

**SPEAKER &
PSYCHOTHERAPIST**



"Jenn brings a rare combination of warmth, knowledge, and authenticity to her speaking engagements. Her expertise in relationships and trauma resonates deeply, leaving a lasting impact on everyone in the room."

-David Reynolds



INVITE JENN TO SPEAK AT YOUR NEXT EVENT

Presentations that Inspire,
Engage, and Foster
Meaningful Change

Jenn Pinkerton brings extensive experience as a psychotherapist, blending real-world case studies and personal stories with an authentic, relatable delivery that captivates audiences and drives meaningful change.

If your audience is seeking deeper insight into relationships, emotional health, intimacy, or trauma healing, Jenn is the speaker you've been looking for. Her compassionate yet dynamic presence, focus on personal transformation, and depth of knowledge make her an exceptional choice for your next in-person or virtual event.

"Her insights on relationships and emotional well-being are not only thought-provoking but also deeply transformative for her audience."

-Sarah Mitchell

[BOOK JENN HERE](#)



MEET JENN PINKERTON

Jenn Pinkerton is a powerhouse in the world of mental health, trauma healing, and intimacy. A Doctoral Candidate pursuing a PhD in Clinical Sexology and the founder of Pinkerton Psychotherapy, Jenn captivates audiences with her powerful insights on trauma recovery, relationships, and human connection.

As a trusted psychotherapist, dynamic speaker, insightful podcaster, and accomplished author, Jenn blends cutting-edge research with a compassionate, client-centered approach, making her a go-to expert in the areas of emotional regulation, intimacy, and attachment. Her gift for translating complex emotional and psychological concepts into relatable, accessible language sets her apart as an engaging and impactful voice.

Jenn's influence reaches far beyond her private practice. As the host of the popular podcast REDHEADREVEAL® with JENN PINKERTON, she brings fresh, authentic perspectives to the world of mental health, authenticity, and human connection, engaging thought leaders in groundbreaking conversations. Her upcoming book offers a deeply insightful exploration of overcoming limiting beliefs, breaking free from trauma to thrive in relationships, and living an empowered life.

@JENNBPKERTON

@REDHEADREVEAL

Instagram 69.5K Facebook 6.1K LinkedIn 2500 YouTube 4.1K

Podcast 40K Instagram 37.3K Spotify 19K

SIGNATURE TOPICS & APPROACH

Jenn Pinkerton's work is rooted in an attachment-based approach, helping individuals and organizations understand the root causes of the beliefs, behaviors, and patterns that keep them stuck.

At the core of her work is the understanding that the "stories we tell ourselves"—shaped by past experiences and core wounds—drive how we show up in our relationships, leadership, and decision-making. By bringing awareness to these patterns, Jenn helps audiences move from reactivity to intentional, connected living.

Through a blend of clinical insight, relatable storytelling, and practical tools, Jenn creates an experience that is both deeply reflective and immediately actionable. Her work emphasizes emotional safety, nervous system regulation, and the power of repair in building strong, lasting relationships.

What to Expect

- Insight into attachment styles, core wounds, and limiting beliefs
- Practical tools for nervous system regulation and emotional awareness
- Strategies to build trust, connection, and emotional safety
- A balance of depth, relatability, and actionable takeaways

Signature Topics

- Healing Attachment Wounds in Relationships
- How to Go From Story Teller to Truth Teller in Your Own Life
- Building Trust That Sells
- How to Down Regulate Your Nervous System
- How to Stay Connected During Conflict
- Handling Generational Wealth
- A Trauma-Informed Approach to Infidelity Recovery



"Jenn Pinkerton's insights into attachment wounds completely transformed my understanding of relationships, helping me break free from unhealthy patterns and create more authentic, fulfilling connections."

-Lisa Adams

TOPICS AVAILABLE FOR PANELS & INTERVIEW-STYLE PRESENTATIONS

HOW TO GO FROM STORY TELLER TO TRUTH TELLER IN YOUR OWN LIFE

- Understanding the different attachment styles and how they impact your relationships.
- Identifying the root causes of recurring patterns, emotional triggers, and core wounds.
- Recognizing the “stories we tell ourselves” and how limiting beliefs shape connection, conflict, and self-perception.
- Practical tools for healing past wounds to create healthier, more secure connections.

BUILDING TRUST THAT SELLS

- Explore how emotional safety and trust drive client connection and influence purchasing behavior.
- Identify common emotional disconnects in sales and how to repair them.
- Emotional mastery as the foundation for building authentic relationships that sell.
- Learn how attunement and understanding client needs create long-term loyalty and impact.

HOW TO DOWN REGULATE YOUR NERVOUS SYSTEM

- Practicing grounding techniques to anchor yourself in the present.
- Identifying how stress manifests in your body and mind.
- Understanding your window of tolerance and how to return to regulation.
- Cultivating self-compassion in moments of dysregulation.
- Tools to shift from reactivity to intentional, regulated responses.
- Understanding your own trauma response.

TOPICS AVAILABLE FOR PANELS & INTERVIEW-STYLE PRESENTATIONS

HOW TO STAY CONNECTED DURING CONFLICT

- Learn how to fight fair and navigate conflict without causing disconnection.
- Turn conflict into connection through emotional safety and repair.
- Techniques to effectively express feelings, needs, and concerns.
- Understand the role of accountability, transparency, and consistency in building trust.
- Apply structured relationship tools that create lasting change and deeper intimacy.

HANDLING GENERATIONAL WEALTH

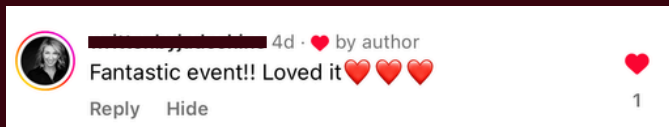
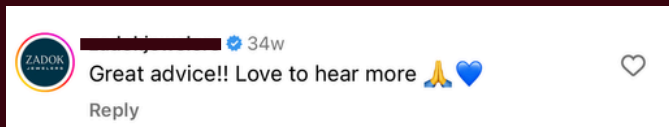
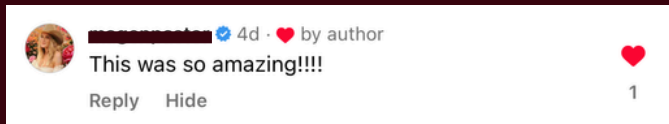
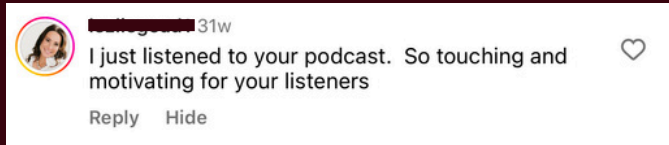
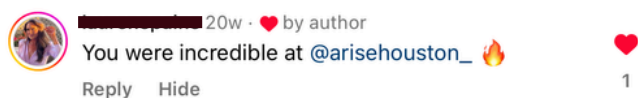
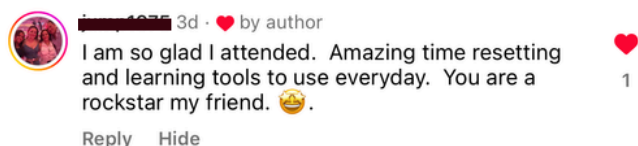
- Explore the emotional and relational dynamics tied to money and legacy.
- Understand how family systems, values, and beliefs shape financial behaviors.
- Identify unspoken rules and patterns that influence decision-making and relationships.
- Navigate conversations around wealth, boundaries, and responsibility with clarity and confidence.
- Build alignment between financial decisions and personal values to create sustainable impact.

A TRAUMA-INFORMED APPROACH TO INFIDELITY RECOVERY

- Understand infidelity through an attachment and trauma-informed lens rather than a purely behavioral one
- Learn how to navigate accountability, transparency, and repair without reinforcing shame or disconnection
- Practical tools to rebuild trust, reestablish safety, and create a path forward—whether that leads to repair or clarity

WHAT PEOPLE ARE SAYING ABOUT JENN

WATCH JENN'S MEDIA REEL



"Jenn's engaging style, combined with her expertise, creates an environment where audiences feel seen, inspired, and ready to embrace transformation. She doesn't just speak; she connects, educates, and empowers. If you're looking for a speaker who will leave a lasting impact, Jenn is your go-to expert."

-Megan Harrison





**ENGAGING.
ENTHUSIASTIC.
CHARISMATIC.
INSIGHTFUL.
EXPERT.**

**THE TALKS YOUR ATTENDEES
RAVE ABOUT
(AND ACTUALLY REMEMBER)**

LISTEN TO JENN SPEAK



Healing Your Inner Child

[Listen to the Episode](#)



The Power of Showing Up for Intimacy

[Listen to the Episode](#)



The Ability to Find Peace, Intimacy, and Joy in Yourself and Relationship

[Listen to the Episode](#)



Authenticity Unlocked

[Listen to the Episode](#)



Unlocking Patterns for Max Potential

[Listen to the Episode](#)



Jenn Pinkerton Interview

[Listen to the Episode](#)



How to Thrive in Your Relationship

[Listen to the Episode](#)



Blindsided: Why Your Past May Be Sabotaging Your Marriage

[Listen to the Episode](#)

SPEAKING CLIENTS INCLUDE



WATCH JENN SPEAK



*therapist that I love that
has a quote where he
says*

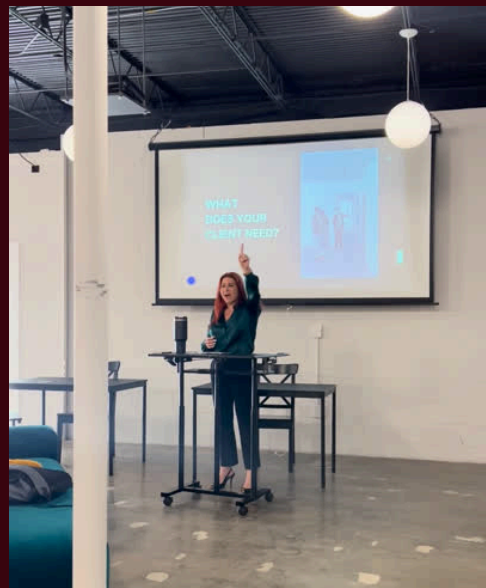
Unresolved
Attachment Wounds



Conflict in a
Relationship



Building Healthy
Relationships



Why Your Clients Need
Trust

ASSETS & RESOURCES

APPROVED HEADSHOTS



[DOWNLOAD IMAGES](#)

IMPORTANT LINKS

[SPEAKER INTRODUCTION](#)

[AV REQUIREMENTS](#)

A portrait of Jenn Pinkerton, a woman with long, straight red hair, wearing a teal sleeveless top and large gold hoop earrings. She is smiling slightly and looking directly at the camera. The background is dark and out of focus.

LET'S CONNECT

TO BOOK JENN FOR YOUR EVENT OR TO LEARN MORE
ABOUT HER AVAILABILITY AND SPEAKING FEES,
PLEASE REACH OUT TO US:

info@redheadreveal.com

www.jennpinkerton.com

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