



# Jennifer Dickens



**Immersive, heart-centered experiences  
that elevate leaders, revitalize teams, and  
deepen authentic human connection**

Jennifer Dickens is a **Certified HeartMath® Coach, Reiki Master, Six Heart Illuminations Facilitator, and Amazon #1 bestselling contributing author of Awakened Hearts.** For the last eight years she has designed and lead immersive, heart-centered experiences that elevate leaders, revitalize teams, and deepen authentic human connection within high-performing environments.

With over **two decades in corporate leadership experience**, Jennifer brings a rare ability to translate the language of performance, pressure, and productivity into transformative experiences that restore balance, clarity, and creative flow. Her work bridges science-backed heart-brain coherence and nervous system regulation with integrative, experiential practices—creating meaningful, lasting shifts both individually and collectively.

Jennifer has partnered with organizations including **McKinsey & Company, General Motors, The Wonderful Company, Conscious Capitalism Los Angeles, Adamis Group New York, Mindfulness Institute International, and Holistic Healing Heart Center**, delivering impactful experiences that support both human well-being and organizational excellence.

Her sessions are **intentionally crafted as experiential journeys**—not just workshops—inviting participants out of mental overload and into a state of presence, coherence, and connection. This shift enhances collaboration, emotional intelligence, and heart mind expansion.

## **Jennifer's transformative curated experiences include such offerings as:**

- HeartMath® Coherence & Resilience Experiences for leaders and teams
- Heart Led Performance Reset
- Guided Breathwork, Movement & Visualization Journeys to reset and re-energize
- Reiki-Infused Sound & Energy Immersion Sessions for deep restoration
- Six Heart Illuminations™ Workshops for clarity, alignment, and expanded awareness
- Leadership Renewal & Mindfulness Intensives
- Transformational Retreat Experiences & Elevated Offsites
- Heart & Soul Oracle Readings
- Grief Recovery & Emotional Resilience Workshops for navigating major life changes



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Each experience is tailored to support **Culture Vitale's** intention of blending wellbeing, creativity, and connection, while delivering grounded, practical tools participants can immediately integrate.

## Participants leave feeling:

- Re-centered, calm, with a deep sense of inner ease and peace
- Joie de vivre with renewed creativity and focus
- Heart connected—to themselves, their teams, and shared purpose
- Equipped with tools to sustain resilience and emotional balance
- Open, engaged, and aligned—enhancing collaboration and client relationships

Jennifer's work creates a profound shift from striving and stress to coherent, heart-led presence—unlocking a more inspired, connected, and effective way of leading, working and being.

## Recommendations & Reviews

★★★★★ 29 Google reviews



**Esther Newman** · 1st

Human Resources at The Wonderful Company  
October 12, 2022, Esther was Jennifer's client

We retained Jennifer Dickens to provide a Building Resilience & Wellbeing training for our internal Town Hall meeting. The resilience training complimented our Corporate Wellness initiative. Jennifer taught us the importance of resilience and three helpful strategies to practice daily for building and sustaining it. Jennifer is easy to work with and I found the three strategies to be highly effective. I recommend Jennifer for your upcoming stress management, resilience and well-being training needs.

### **Emily Price | Chapter Program Manager | Conscious Capitalism, Inc.**

**Resiliency Reboot Breaks:** Jennifer helped lead three resiliency breaks for our Chapter Leader Virtual Summit in 2021. We knew we wanted to infuse some movement and breath centering breaks throughout the event. She was amazing to work with by providing a written plan for how to use the time. It was evident she wanted everyone to feel supported and knew the importance of timing, energy management, and facilitation skills. She brought a level of dynamic energy that was much needed as she carefully and thoughtfully led each resiliency break. The participants were so grateful to have the chance to connect with themselves, process the content, and feel rejuvenated with her guiding and heart centering support. Jennifer displays her passion and purpose in everything she does and we are so glad to have had her as a key contributor of this special event!

# Jennifer Dickens + ♥

HeartMath.  
Certified Coach

Usui Reiki  
Master

## Recommendations & Reviews



29 Google reviews



**Cynthia Thaik, MD** · 1st

Harvard-trained Cardiologist, Author of YOUR VIBRANT HEART, Medical Director at Holistic Healing Heart Center & Revitalize-U, Speaker, Coach

November 5, 2023, Cynthia was Jennifer's client

Jennifer is a kind and compassionate individual with great insight into human behavior, thoughts and emotions. She is a tremendous asset to my medical practice in offering HeartMath instruction on mindfulness and heart centered breathing. She has brought a wealth of knowledge to my patients in helping them achieve balance, calmness, peace and happiness. In addition to the workshops, she has hosted small group coaching sessions as well as private one on one coaching. I know many of my patients have benefited from her wisdom and insight. Thank you Jennifer.



**Lisa Rose**

7 reviews · 2 photos



★★★★★ a month ago

Working with Jennifer has provided me with new insight about overcoming stress in different aspects of my life and I feel like her training and support will not only add years to my life but will enhance my life to live more joyfully and present. It feels great to have made so much progress and I am able to share my enthusiasm for this program with my partner who is open and willing to be available to give this program a try. I didn't want my sessions to end with Jennifer, that is how much I was really enjoying this training. I am so fortunate that my cardiologist recommended Jennifer Dickens to help reverse some of my heart health challenges.

God bless her!!!!



**jay rao**

1 review

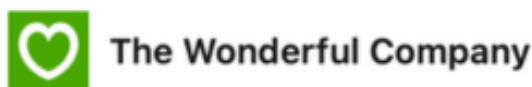


★★★★★ a month ago

Jennifer is genuine, sincere, kind, generous, and wonderful!!

Her coaching is highly effective and her approach to balancing mind and heart is soooo needed in this crazy world. ... [More](#)

## Corporate Clients



[Resilience](#)

[Reviews](#)

[Coaching](#)

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