SPEAKER KIT

JENAE THOMPSON

Speaker · Leader · Recovering startup founder



CAREERS DON'T RUN IN STRAIGHT LINES. NEITHER DO I.

SHORT BIO · 50 WORDS

Jenae Thompson is a speaker, leader and recovering startup founder who helps women, people of color and moms grow into leaders, build businesses from what they love, and use technology to get their time back. A PMP and Lean Six Sigma Green Belt, she has led change across healthcare, higher education and startups for more than eight years.

CREDENTIALS

- PMP
- Lean Six Sigma Green Belt
- M.A. Organizational Leadership (2027)
- RYT 200
- AFAA Certified

SHE SPEAKS ON

- Developing leaders: women, people of color and moms
- Bootstrapping a business from your passion
- Startup failure, fundraising and starting over
- Using tech and AI to do the busywork
- Nonlinear paths into tech

BIOS · COPY AND PASTE FREELY

ABOUT JENAE

MEDIUM BIO · ABOUT 120 WORDS

Jenae Thompson is a speaker, leader and recovering startup founder who helps women, people of color and moms grow into leaders, build businesses from what they love, and use technology to get their time back.

A senior project manager in healthcare, PMP and Lean Six Sigma Green Belt, Jenae has spent more than eight years leading change across healthcare, higher education and startups. She previously owned a fitness studio and founded a tech startup that raised more than $200K before closing when the funding market froze, an experience she now turns into practical lessons on leadership and resilience.

A first-generation college graduate who finished her degree as an adult, she is now earning a master's in Organizational Leadership. She has spoken at SXSW Convergence, Entrepreneur Funders Network and the OKC Innotech Women's Summit.

LONG BIO · ABOUT 230 WORDS

Jenae Thompson believes careers don't run in straight lines, and hers is proof. A speaker, leader and recovering startup founder, she helps women, people of color and moms grow into leaders, build businesses from what they love, and use technology to get their time back.

Jenae is a senior project manager in healthcare, a certified Project Management Professional (PMP) and a Lean Six Sigma Green Belt, with more than eight years of experience leading strategic initiatives and organizational change across healthcare, higher education and startups. She is known for turning messy processes into systems that work for real people; one automation she designed gave a team back more than 60 hours every cycle.

Her entrepreneurial path started with a fitness studio, where she was a certified yoga (RYT 200) and AFAA fitness instructor leading a team of five. She later founded a tech startup that raised more than $200K and secured a term sheet before closing when the funding market froze. Today she teaches the lessons she wishes she'd had: keep the paycheck, start small, prove it, then scale.

A first-generation college graduate who finished her bachelor's as an adult, Jenae is now earning a master's in Organizational Leadership while working full time. She has spoken at SXSW Convergence, Entrepreneur Funders Network, the OKC Innotech Women's Summit and State of Women in Tech, and has served as Gala Chair for Oklahoma Women in Technology.

Her message is simple: it's never too late to finish what you started.

KEYNOTES · PANELS · WORKSHOPS

SIGNATURE TALKS

LEADERSHIP · MOMS AT WORK

THE MOM ADVANTAGE

Motherhood is a crash course in negotiation, crisis management and getting it done with no budget. Jenae shows audiences how to name those skills, use them at work, and advocate for other moms once they're in the room.

Audiences leave with: language to put caregiving skills on a résumé, a playbook for outsourcing the admin load, and ways leaders can make workplaces work for parents.

ENTREPRENEURSHIP

KEEP THE DAY JOB, BUILD THE DREAM

A practical playbook for bootstrapping a business from your passion while a W-2 pays the bills. Smaller bets, faster tests, and no burning your runway to look impressive.

Audiences leave with: a way to validate an idea before spending on it, a realistic weekly time plan, and the warning signs Jenae learned the hard way.

FOUNDERS · LEADERS

MY BIG ASS FAILURE

The startup was working, then the money vanished. Jenae shares what it taught her about leadership, systems thinking and starting over, then guides a discussion so the room skips the expensive part.

Audiences leave with: a framework for separating personal failure from structural forces, and their own next small experiment.

WOMEN IN TECH · EDUCATION

A DETOUR IS NOT A DEAD END

Why women's paths into tech rarely run straight, and how schools, employers and communities can build systems that make room for failure, recovery and reinvention.

Audiences leave with: concrete changes institutions can make, and a new way to read their own detours as strengths.

KEYNOTE

30–60 minutes, with optional Q&A

PANEL OR FIRESIDE

Any topic above, as panelist or moderator

WORKSHOP

60–90 minutes, interactive, hands-on

SELECTED STAGES

WHERE SHE'S SPOKEN

SXSW Convergence	Panelist
State of Women in Tech, Tulsa	Breakout lead
Entrepreneur Funders Network, Los Angeles	Panelist
OKC Innotech Women's Summit	Speaker
Responsible AI in Education Symposium	Panelist
Oklahoma Global Entrepreneurship Week	Panelist
VC Day OKC	Panelist
1 Million Cups OKC	Presenter
Oklahoma Venture Forum	Pitch presenter
Axis Pitch Competition	Judge
Oklahoma Innovate That podcast	Guest
Tech Your Business podcast	Guest

"You have such a wonderful way of making people feel seen, heard, and encouraged."

Chelsea Idensohn, Ph.D., attendee

FOR THE EMCEE

INTRODUCTION

Our next speaker believes careers don't run in straight lines, and she has the receipts.

Jenae Thompson owned a fitness studio, founded a tech startup that raised more than two hundred thousand dollars, and watched it close when the funding disappeared. She finished her college degree as an adult and is now earning her master's in Organizational Leadership while working full time as a senior project manager in healthcare.

Today she helps women, people of color and moms grow into leaders and build businesses on their own terms. Please welcome Jenae Thompson.

About 45 seconds when read aloud.

HEADSHOTS

Download high-resolution photos at **jenaethompson.com/headshots.zip**

BOOKING

Share your date, audience and format at **jenaethompson.com/#contact**