



EXCEPTIONAL WOMEN'S COACHING

The Tiara Spotlight

Shining our light on inspiring women around the world.



Jennifer Connelly

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www.triplewforum.com

Unleash your happy

Who are you?

Born in New Jersey, raised in the Midwest, graduated from Miami University (Ohio), married high-school sweetheart, mother of 3 children, superfan of Coldplay, wearer of rainbow sneakers, student of life, founder of Triple W Forum – a women's organization.

What are you passionate about?

I am passionate about life and living it fully. I believe in the tireless pursuit of self-care. I find that when you commit to self-care - in whatever forms that work for you - you are then best able to work productively, live more mindfully, help those around you and contribute more fully to the communities you care about.

Why are you involved in your business?

The thread that weaves through all three of my current responsibilities is my regained commitment to personal well-being and the well-being of others. I teach yoga and pilates in Northwest Indiana, work with professionals throughout Chicago in the areas of career development, corporate training, and leadership style enhancement, and am the founder of the Triple W Forum, a Working Women's Workshop. I love the work that I do and feel grateful - each day - for taking the risks to get to where I am today.

How did you end up here? What's your journey been like?

One of my favorite realizations about how I see my journey came to me while I was getting ready to launch Triple W Forum in New York City in early 2011. It was a time filled with self-doubt about whether I made the right decision and whether I was on the "right" path. It occurred to me that the path is *already* there, and that I am just turning on the lights. It was an awakening for me that encouraged me to trust in myself and to keep moving forward and find joy in the new lights along the way.

How do you recharge your batteries or nourish yourself?

As part of my commitment to self-care, I do several things to recharge and nourish myself. I practice yoga, meditation and pilates, light candles and burn incense, attend regular therapy, have dance parties in my living room, and volunteer with several organizations.

What are you grateful for?

Butterflies, hugs, connecting with people. I am also grateful for the gift of gratitude. I believe that gratitude is a disposition that leads to living one's best life.



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As a woman leader what are your unique strengths that help you and your staff/team succeed?

My strength is through my genuine desire to connect with others and shine a light on what makes them awesome.

How do your clients benefit from your products/services?

From what my clients have told me, they feel more confident and clear about the innate gifts they possess and how they can best elevate them to do great work in this world.

What inspires you?

My mom's love and my father's tenacity. My brother's compassion. My sister's enthusiasm and teachings that live on even after her passing from breast cancer. My husband's wisdom. My children's' uniqueness and zest for living.

What's next? What are you committed to?

I am committed to advocating for women and helping them find meaningful ways to live more fully integrated lives, feel more engaged in their careers, and discover their innate happiness.