



KEYNOTE SPEAKER • ENTREPRENEUR

JENNIFER LAMONT

SIGNATURE KEYNOTE

Change the Story, Change the Possibilities

Change the story you believe, and you change what you believe is possible.

Jennifer built an extraordinary business as a top-producing entrepreneur, but her greatest transformation happened internally. For much of her life she believed there was something wrong with her. Eventually she realized: there wasn't something wrong with her. The story she believed about herself was wrong.

This keynote gives audiences a practical way to spot the stories running underneath their confidence, decisions, and results, and to rewrite them.

THE STORY FRAMEWORK

- S** Spot the Story
- T** Trace the Story
- O** Observe the Evidence
- R** Rewrite the Story
- Y** Yield a Different Decision

SPEAKING STYLE

Authentic • Vulnerable • Practical • Inspiring

jenniferlamont.com • Booking inquiries welcome

AUDIENCE TAKEAWAYS

01 Recognize the Story

Identify the beliefs quietly driving behaviour and results.

02 Separate Fact From Identity

Learn the difference between what happened and who you are.

03 Build Confidence Through Action

Confidence as evidence you create, not a feeling you wait for.

04 Create Bigger Possibilities

Expand what feels possible in business and in life.



IDEAL AUDIENCES

- Real estate conferences
- Leadership conferences
- Women's conferences
- Entrepreneur events
- Sales organizations
- Corporate teams
- Students, grades 7 to 12

SPEAKER BIO

Jennifer Lamont is a keynote speaker, entrepreneur, and coach who helps ambitious audiences recognize the stories quietly shaping their confidence, decisions, and results. After building a highly successful business, she discovered that achievement could not rewrite the beliefs she had carried since childhood.

Through her signature keynote, Change the Story, Change the Possibilities, Jennifer blends deeply personal storytelling, humour, and her practical STORY Framework to help people separate fact from identity, build confidence through action, and expand what they believe is possible.

"Being enough doesn't mean you stop wanting more. It means you stop needing more to prove that you're enough."

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