



SPEAKING & KEYNOTES · PASS GO! THERAPY AND COACHING

Jennifer C. Williams

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**Your Audience Does Not Need Another Motivational Speaker.
They Need Tools.**

Jennifer C. Williams is a licensed therapist, perinatal mental health specialist, and RETAIN-certified parental leave coach. She delivers research-backed, clinically informed keynotes and workshops that give audiences practical tools they can use the same day. Her work is grounded in 20 years of clinical practice and The Pass Go Regulation Method™: **Regulate. Repair. Reconnect.** She is licensed in Maryland, DC, Virginia, and Florida, serves as Perinatal Mental Health Advisor for Avocado Health, and is a Goldman Sachs One Million Black Women: Black in Business alumna.

— Signature Topics

01 Under Pressure: Why Your Best People Are Breaking Down (And What to Do About It)

Best for: corporate events, leadership summits, HR conferences

Audiences leave with a personal burnout risk assessment, three evidence-based regulation strategies, and a framework for sustainable high performance.

02 The Parental Leave Gap: What Happens After the Baby Comes Home

Best for: working parent ERGs, women's leadership events, HR summits

Audiences leave with a framework for a real parental leave ecosystem, a clear picture of what new parents actually need, and data to take back to leadership.

03 The Regulation Reset: Managing Stress Before It Manages You

Best for: wellness events, team offsites, all-hands meetings

Built on The Pass Go Regulation Method™. Audiences leave with a personal stress response profile and three tools they can use in meetings, at home, or at 2 AM with a newborn.

04 Love Under Pressure: How Career Success Quietly Destroys Relationships

Best for: couples events, faith communities, relationship conferences, alumni events

Audiences leave with three warning signs they are probably ignoring, the Gottman research on what predicts divorce, and a repair tool they can use tonight.

FORMATS

Keynote · 45 to 60 min

Workshop · 90 min to half-day

Breakout · 45 to 60 min

Panel

Multi-session series

Virtual keynote

WHAT ATTENDEES SAY

"Very engaging presentation and good clinical perspective on supporting clients in perinatal mental health, moving beyond screens to listening to what people say... useful conversation starters and tools to share with clients."

Attendee, NYSPA Annual Perinatal Partnership Conference, 2026

"I appreciated the steps in regulating and the methods we can use with clients."

Attendee, NYSPA Annual Perinatal Partnership Conference, 2026

RECENT STAGES

- **NYSPA Annual Perinatal Partnership Conference**, Albany, NY, 2026: "The Fourth Trimester Fog"
- **Congressional Black Caucus**, Washington, DC, 2026. Panelist: "The Stigma of Mental Health in the Black Community" and "The Struggles With Social Media and Youth"
- **Avocado Health** parent workshop series. Topics include the fourth trimester, the mental load of motherhood, perinatal mood disorders, and relationship changes after baby
- Also: **American Counseling Association, Luminis Health Medical System**

AS SEEN IN

HuffPost · Parents Magazine · Capital Gazette · Pasadena Voice

PODCAST GUEST

The Love Leap · Womb & Word Podcast · The Parent Confidence Lab · Parenting Shrink Wrapped

Book Jennifer for Your Next Event

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passgolife.com/speaking-engagements

