



**Jennifer Watson, M.P.T., IMT,C**

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Jennifer Watson is a dynamic speaker, executive-performance strategist and integrative physical therapist with a gift for visionary, intuitive coaching. She integrates science and energetics to elevate mind-body wellness, leadership expansion, and performance optimization through transition, growth, and change. An expert in transformational leadership, resilience mastery, and elite performing cultures, Jennifer empowers intuitive decision making, emotional intelligence and vitality for next-level success. A former D1 collegiate track athlete and two-time All-American, she has been featured on the TEDx stage, NBC, FOX Radio, and top summits. With over 25 years in wellness advocacy and leadership development, she inspires individuals to unleash their full brilliance that creates the greatest impact for good that they are giving to the world.