

A portrait of Dr. Jennifer Keitt, a Black woman with short, curly dark hair, smiling warmly. She is wearing a bright pink, long-sleeved dress with a matching fabric belt tied in a knot at the waist. The background is a soft-focus bokeh of warm colors, including oranges, reds, and pinks, suggesting an indoor setting with flowers or decorative elements.

DR. JENNIFER KEITT

Speaker Kit

Bio

Dr. Jennifer Keitt

(pronounced Kit)

A 30+ year media veteran - JENNIFER KEITT is widely known as one of the most passionate, engaging, and powerful communicators today.

Jennifer has reached millions of listeners and through her various syndicated radio shows aimed at empowering audiences nationwide. She is a member of the National Speakers Association and holds a Bachelor in Broadcast Journalism, a Master of Arts in Practical Theology, an Education Specialist degree, and she holds a Doctorate in Educational Psychology.

Jennifer is CEO and Co-Founder of the Keitt Institute: A Center for Emotional Development and Well-being. She and her co-founder, Morgan Holmes (Jennifer's eldest daughter), use the best practices from instructional design and educational psychology to create high-powered, engaging, research-driven experiences that help professionals flourish in life.



THE WORLD NEEDS LEADERS PEOPLE WANT TO FOLLOW

A self-aware and emotionally intelligent leader has the power to influence and encourage individuals to come together and work toward a common goal.

The result is a robust, resilient community that can flourish and thrive, even in challenging times.

Jennifer specializes in taking leaders through original, engaging, research-based experiences that help them understand how to get more done and be leaders their teams want to follow.



TRANSFORMATION PRACTICES

Jennifer has identified three key practices that help ensure transformation.

Increasing self-awareness

Self-awareness helps you focus on how your actions, thoughts, and emotions align with your internal standards.

Incorporating self-reflection

Self-reflection helps you organize your thoughts and feelings to develop goals and action steps. We help participants focus on self-reflection by incorporating self-assessments in most of our experiences.

Writing on Paper

Writing on paper helps your brain store and retrieve information better than digital notetaking. This is why we create physical workbooks for all our experiences.



WHAT JENNIFER OFFERS



EXPERTISE

The Keitt Institute brings decades of experience and thought-leadership in communication, education psychology, and instructional design. We understand that above all else, the human experience is emotional, so we specialize in helping people become intelligent about their emotions to succeed in life.



ENGAGEMENT

By co-creating a path for people's personal and professional development, we create safe, engaging learning environments to increase their emotional awareness to lead themselves and others.



EXPLORATION

In every experience, our goal is to provide the foundational education necessary to guide people's path toward emotional self-discovery and personal transformation.



WORKBOOK

The key to learning is to stop passively consuming information and start actively engaging with it. The best way to engage with information is to write it down. When people write down their thoughts and answers, it opens them up to examine, reflect and improve their lives. At the Keitt Institute, over and over again, our clients tell us that our workbooks are one of the crucial elements that helped them learn and grow in our experiences.

EXPERIENCE CADENCE

WHILE EACH EXPERIENCE JENNIFER CREATES IS UNIQUE, SHE HAS DEVELOPED A CADENCE THAT MAXIMIZES PARTICIPANT ENGAGEMENT AND INFORMATION RETENTION

An hour-long learning experience typically follows this cadence:

- Opener/Welcome
- Guided Facilitation
- Participant Engagement
 - Group Discussion
 - Breakout Pairs
 - Polling
 - Self-Assessment
- Guided Facilitation
- Participant Engagement
 - Group Discussion
 - Breakout Pairs
 - Polling
 - Self-Assessment
- Guided Facilitation
- Participant Engagement
 - Group Discussion
 - Breakout Pairs
 - Polling
 - Self-Assessment
- Personal Application
- Close



Keitt Institute

Jennifer's Non-Profit

The Keitt Institute is a center for emotional development and well-being run by Jennifer Keitt and Morgan Holmes (Jennifer's oldest daughter). The Keitt Institute creates social and emotional learning environments that help pave the way for professionals to be aware of their own feelings and use that information to lead themselves and others.

At The Keitt Institute, we believe emotional intelligence provides people with the tools to create a better inner world to cope with the outside world.



Headshots



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