

A black and white portrait of a woman with shoulder-length wavy hair and bangs. She is wearing a dark plaid blazer over a dark top and a chunky, multi-strand pearl bracelet on her left wrist. She is looking slightly to the right of the camera with a neutral expression. The background is a blurred indoor setting.

JENN
H E P T O N

WRITER +
EDUCATOR +
FACILITATOR

2023

MEDIA KIT



www.jennhepton.com

Meet Jenn Hepton, the resilient founder of Motherhood Redefined™, who overcame fertility challenges to redefining motherhood on her terms. Recognizing the detrimental impact of societal norms on motherhood, Jenn is on a mission to redefine the narrative. Through her writing, education, and facilitation, she guides others to heal from emotional traumas, break free from limiting beliefs, and rediscover their true parenting wisdom. Jenn's transformative approach extends to helping women redefine motherhood on their terms, navigate life after loss and infertility trauma, and deconstruct traditional societal norms regarding the mental and emotional load of parenting. Join Jenn on a journey towards ease and flow in parenting with Motherhood Redefined™.

FEATURED IN

seattle
refined fruitful.



*For Women
Who Roar™*

MEET JENN



Speaker

Jenn's success as a public and motivational speaker is because of her experience and ability to connect with her audience and create a space of comfort, relatability, and inspiration.

She has been a guest on several podcasts and has spoken at workshops and events about grief, redefining motherhood, mental and emotional load and pregnancy loss.



Facilitator

A dedicated facilitator specializing in conscious parenting, infertility, pregnancy loss, grief, domestic equity, and the mental and emotional load of motherhood. Drawing from her experience as a former school teacher, Jenn skillfully holds space for learning and reflection. Her transformative sessions also focus on finding one's voice in motherhood and navigating the challenges. She guides individuals through healing, empowerment, and self-discovery, fostering a supportive environment for personal growth and parenting journey.



Writer

As vulnerable writer, shares her intimate journey through infertility, grief, and stillbirth in published articles. Currently crafting a powerful book, she traces her evolution from dissociation to finding her voice, redefining motherhood in a society shaped by norms. Jenn's Substack, "Motherhood Redefined," is a space where she continues to challenge expectations, offering readers an authentic dialogue on reshaping the narrative of motherhood. Through her words, she echoes resilience and empowerment, inspiring others to rewrite their own stories.



Educator

Meet Jenn Hepton, an adept educator, Fair Play Life Facilitator, and advocate of conscious parenting. With a knack for crafting engaging learning environments, she develops courses that not only address the mental and emotional load of parenting but also promote conscious parenting principles. Jenn's innovative approach extends to online courses supporting women in infertility and pregnancy loss. A transformative force, she's making impactful contributions to education and family well-being.

PODCAST BIO

Jenn Hepton is an accomplished educator, Fair Play Life Facilitator, and dedicated advocate for conscious parenting. Through her personal journey, marked by infertility, pregnancy loss, and the stillbirth of her daughter, Jenn uncovered the insidious impact of societal definitions of motherhood. Challenging the prevailing notion that mothers are the problem, she passionately believes in forging one's own path rather than adhering to external definitions. Jenn delves into the profound aspects of motherhood, discussing the emotional and mental labor, the challenges of default parenting, and the imperative to redefine motherhood against traditional gender bias and societal conditioning. Her unique perspective, rooted in conscious parenting principles, provides valuable insights into breaking free from societal expectations and fostering an empowered and authentic motherhood experience. Jenn Hepton brings a transformative narrative to the conversation about rewriting the narratives of motherhood.

TOPICS

Hypno-breathwork

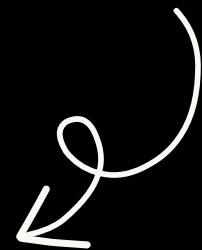
Conscious Grief

Domestic Equity
[Emotional + Mental
Labour]

Conscious Parenting

Pregnancy Loss

Infertility +
Surrogacy



LONGER BIO

As a mother navigating the complexities of parenting after infertility trauma and loss, my journey was marked by a deep desire to break the cycle of generational traumas and fears. My anxiety transformed into a commitment to connect more deeply with my son, understanding and celebrating his spirit wholly.

Embarking on Dr. Shefali's coaching course, I emerged as a Conscious Parenting Coach, delving into a realm of truth and healing for both myself and my son. However, the challenges persisted, particularly in the daily grind of parenting and domestic life, where I found myself drowning in resentment.

The turning point came when I embraced the Fairplay Method and became the first Canadian Facilitator. This revelation allowed me to normalize conversations around emotional and mental labor within our home and with clients. It became essential to rebalance our domestic ecosystem, shedding toxic, traditional gender roles to embrace conscious parenting.

Practicing the Fairplay Method, I found solace, time for self-reflection, and liberation from domestic clutter and resentment. Now, I'm here to share my journey, discoveries, and offer support to help you find balance, peace, and joy in your parenting experience.

My mission is to bring awareness and instigate change in the realm of emotional and mental load placed on parents—an unseen effort burdened by expectations. It's time to shed light on this invisible work, challenge traditional gender biases, and break generational patterns that lead to feelings of anxiety, anger, and apathy carried by the primary caregiver. Let's create awareness, normalize the unseen, and cultivate the language needed to advocate for change.



When we reconnect with our inner wisdom, we live and parent from a place of awareness and consciousness, thus changing our patterns and the patterns of future generations.

-Jenn Hepton

FACT SHEET



I am passionate about sharing my story and educating women on how to live consciously in their motherhood journey.

My intention is to provide awareness, wisdom, and supportive action.

I can eat ice cream for breakfast, lunch, and dinner ... no really.

I have two beagles who love to cuddle and eat. I love being a mom to my son and I also love having time for drumming, reading endless amount of books and swimming in the ocean.

I'm currently writing a book about my own motherhood journey to normalize the discussion around infertility and the societal motherhood narrative being a big LIE.

I am Certified in Conscious Parenting, Fair Play Method, NLP, Hypnosis, Emotional Freedom Technique, & TIME Technique because

I am a FOREVER learner which I use as a freelance writer and educator.

I am a Certified Yoga Teacher, and Restorative + Yin are my JAM.

I've had the opportunity to be part of an international online panel around living after loss and co-wrote a grief coaching curriculum for a successful coaching program. In 2019, I was part of a revolutionary documentary about Grief titled "Speaking Grief".

As a freelance writer and facilitator I enjoy meeting other women who are changing the narrative.

PRESS

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*For Women
Who Roar™*

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THE
Glimmer
PROJECT

[LISTEN TO PODCAST](#)

SAMPLES

From Fruitful Fertility - *"At 39 weeks and 5 days, I woke up with the most intense pain. Was this labor? We went to the hospital with our bag and carseat after speaking to a nurse and our birth doula. We parked the car and walked up to the delivery ward and all I was thinking was: I am going into labor and delivering our baby...finally...."*

[Read More](#)

From Fertility Hub - *"It didn't happen overnight and it took a while, but I LOVE Christmas again because it means something completely different to us, as we had to redefine it for ourselves after infertility and the death and loss of our twins and daughter."*

[Read More](#)

From Elephant Journal - *"What self isolation and COVID showed me is that I react to everything and it's honestly exhausting.*

I react to the rain falling. I react to the dishes in the sink. I react to the toys on the floor. I react to having to make dinner. I react to my husband's wet towel on the bed. I react to my toddler yelling at me for food. I react to my dog barking to go outside. I react to everything and not in a good way.

Why do I react to everything? Why do we feel the need to react to everything? One reason is because that behavior has been modeled for us as a child and now it's in our subconscious and becomes part of our identity. As it's part of our subconscious, when we are stressed, overwhelmed, anxious and dealing with a global pandemic we revert back to our childhood and what we were conditioned to do."

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PHOTOS



if you need higher resolution - please let me know

