

# hoffman

When you're serious about change

## Jennifer Blake - Biography



Jennifer Blake, B.PhE, B.A., B.Sc.(Honours), is an international supervisor and coach of the Hoffman Process with over 14 years of international group learning facilitation and individual coaching experience. She possesses three degrees from Queen's University and has been certified as an Internationally Accredited Hoffman Process Supervising Teacher. It is her strong belief that all change is possible, and she is dedicated to living in and carrying out the Hoffman Process mission: "Creating world peace, by creating inner peace... one person at a time." She helps others overcome the stifling effects of life's barriers and through the Process, helps them to find self-love, self-confidence and a deeper sense of purpose and passion in their lives.

The Hoffman Process is a life-changing seven-day residential, self-development program designed to help people release the limiting patterns learned in their childhood and allows them to lead their lives with choice, empowerment and passion.

For over 20 years, Jennifer has been creating, developing and facilitating leadership, growth, transformation and change seminars and workshops at the local, provincial and national levels. She is highly experienced in presenting to international audiences of all ages in the entrepreneurial, corporate, government, and not-for-profit sectors. She possesses the passion to inspire others to greatness and help them realize their own true potential and inner wisdom.

Jennifer has held several appointments within the Canadian Hoffman Institute, including: The Head of Teacher Training for Canada, Enrollment Professional and Head Representative Speaker. She has helped thousands in Canada and abroad through personal coaching and provided direction and support to those seeking to make a true difference in their lives.

For more information call Jennifer in confidence at 613-884-2452 or 800-741-3449, or email her at [Jennifer@HoffmanInstitute.ca](mailto:Jennifer@HoffmanInstitute.ca)

I think that the Hoffman Process offers executives an avenue to personal growth and self insight that, once complete, will make them more effective in their work, increase their sense of satisfaction in all parts of their lives and help them to unhook from the negative patterns of their lives.

**David Bork**  
*Founder, Aspen Family Business Group*

This program enables executives and entrepreneurs to overcome the inevitable life patterns that stifle creativity and thwart business success.

**Michael Ray**  
*Professor, Stanford University,  
author of Creativity in Business*