

About Jayne L. Garrett
PROFESSIONAL CERTIFIED COACH
AUTHOR~~SPEAKER~~FACILITATOR

Jayne L. Garrett, PCC (Professional Certified Coach) is an author, speaker, and nationally known executive coach, certified by the International Coach Federation (ICF). For over 15 years as a speaker, facilitator and coach, Jayne has worked with executives in 19 different industries, around the nation, Canada, Europe and Asia in both the business and non-profit arenas. Dubbing herself a *Recovering Serious Person*™, in 2002 Jayne founded The Lighter Side of Life, LLC with a vision of *Bringing lightness to life through the spoken and written word*®. Her writing and speaking topics reflect her lighthearted spirit. Jayne's published work includes the *Celebrate YOU*® Series of booklets as well as two humorous books titled *Adventures In Lighthearted Living: A Baby Boomer's Reflections On Getting Older* and *Adventures In Menopause: A Lighthearted Guide to Surviving the MenoMonsters*™. Jayne is a graduate of the Women's Leadership America Class of 2002, a 2004 Athena Business Award finalist and active in local professional and charitable organizations.



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