

# JENNA GRIFFITH

**MILITARY & VETERAN SPOUSE ADVOCATE  
SPEAKER | PURPOSE & RESILIENCE COACH**

Jenna Griffith is a speaker, coach, and author who teaches military, veteran, and first responder spouses how to heal, regulate their nervous system, and reclaim their identity after seasons of stress, transition, or trauma. Through her work with Service and Soul, Jenna brings a compassionate, faith-informed, and deeply practical approach to helping service families move from overwhelm to resilience.

Her message blends nervous system regulation, relationship repair, identity work, and emotional healing all grounded in her lived experience as a military spouse, her training in Polyvagal and attachment theory, and her heart for seeing families thrive. Her speaking style is relatable, honest, and empowering, with a focus on actionable steps audiences can use immediately.

## TAILORED OFFERINGS

### Empowering Resilience

A powerful, hope-filled session helping audiences turn hardship into clarity, strength, and direction.

### Trauma to Triumph

Practical tools to move from survival mode to emotional presence and healthier relationships.

### Unlocking Potential

Building Purpose-Driven, Regulated, and High-Performing Leaders in Today's Workplace

## 5 REASONS TO BOOK JENNA

Relatable Expertise	Actionable Tools	Compassionate Delivery	Audience Engagement	Mission-Aligned
<p><i>Lived experience + professional training.</i></p>	<p><i>Strategies attendees can use the same day</i></p>	<p><i>Gentle, honest, and uplifting.</i></p>	<p><i>Warm presence with practical, memorable stories.</i></p>	<p><i>Deep understanding of challenges faced by military and first responder spouses.</i></p>

Jenna's insights have been featured on iHeart Media, Local on 2, Valiant CEO, Billion Success, Women Veterans Magazine, and many more!



To book Jenna Griffith, please reach out to her team at [contact@serviceandsoul.com](mailto:contact@serviceandsoul.com)

