Jenn Beninger, Unlocking Your Genius: Harnessing the Power of Intuition and Modalities for Personal Growth and Success - Episode 311

In this Episode:

- Jenn shares her journey and professional growth, becoming the director of coaching and co-founding Genius Unlocked
- The power of cliches and understanding their deeper meanings to unlock one's potential
- Using different modalities like NLP, energy work, hypnosis, breath work, and conscious coaching to integrate the conscious and unconscious mind for personal development and business growth
- The significance of understanding and trusting intuition to achieve success and aligning the conscious and unconscious mind for desired outcomes
- The importance of staying within the comfort zone to address and resolve fears, leading to personal growth, expanded choices, and empowerment

Notable Quotes:

“You go inside and you understand what's going on in your unconscious mind, then you relate it to what's going on in your conscious mind and you integrate the two, you then create the life that you want.”

“You don't know what you don't know, therefore, dive deep and figure out what is it that you deserve to know so that you can release it.”

“Your intuition is the translator between your conscious and your unconscious mind.”

“Your conscious mind is the goal setter and your unconscious mind is the goal getter.”

Pearls of Wisdom:

1. You have all of the answers inside of you, even when you think you don't.
2. Your intuition is always kind, but not always gentle.
3. You are not an accident. You are here on this earth for a reason.

Resources:

Jenn Beninger is the Genius Unlocked Founder and CEO of Genius Unlocked Institute, a board-certified company, where she coaches, mentors, and transforms leaders' personal and professional lives. Through her thousands of hours of executive experience, Jenn has refined the art of coaching others on how to delve into what's holding them back, and guiding them to successfully live in their purpose by calling on their intuition. With her deep understanding of energy work, intuition, communication skills, and mindset work, Jenn is able to produce more breakthrough results than she or her clients could dream of.

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