

Hi. I'M JEN ARGUE

I'm a therapist turned life coach turned
MASTERMIND FACILITATOR

I am passionate about helping women entrepreneurs experience success and self care without guilt.

I love people. I love connecting people. I love seeing people succeed. I love to see people growing and learning and bringing their dreams to life. I also have a deep passion for understanding personality types and helping people work to their full potential. The mental health therapist in me never quits.



Instagram [jen_argue](#) Twitter [jenniferargue](#)
LinkedIn [JenArgue](#) Website [jenargue.com](#)

Speaking Topics

SELF-CARE IS A BUSINESS STRATEGY

If you don't have your health, you don't have a business. This is a hot topic, especially as business owners feel pulled into every direction. Self care starts with mindset, not just actions.

LEVERAGING PERSONALITY STRENGTHS IN BUSINESS

Wanna talk about the Enneagram, High5, MBTI or the DISC assessment? I love diving into how women can achieve greater profits and success by tapping into their unique personalities. Everyone loves to learn more about themselves and step into their uniqueness.

MASTERMINDING BUSINESS SUCCESS

The ins and outs of a mastermind. What is it, what to expect, where to find, free vs. paid, and how to choose the right group. This is an in-demand topic for curious business owners at every level.

BUSINESS AND CLIENT BOUNDARIES

Between clients, customers and obligations, boundaries are a MUST to prevent the inbox, DMs and every single notification from taking over. This is nagging burnout-creating problem for the people-pleasers and biz owners who are feeling bogged down and depleted.



JEN ARGUE
masterminds