**Thrive! Keynote:**

Jennifer Fernjack

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**Title:** The Power of Emotional Grit

**Description:** Come learn how the science of optimism can change your brain chemistry, ways that perspective and gratitude can carry you and ways to reduce or eliminate fear by embracing it. Jennifer Fernjack shares how these things helped her during a medical scare that would change her life forever. They can also help with things such as work stress and relationship issues as well. It’s how we’re designed!

**Category:** Faith & Work, Spiritual Growth, Professional Growth, Personal Growth, Business Development, Christian Issues & Response