



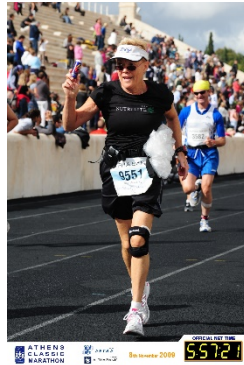
## Author, Speaker, Athlete & Wellness Expert

### BIO

Badly breaking a leg after a snow skiing accident, Jackie was told she would never run, again. To prove the doctor wrong, she started running in 1976 and has been running since. At first, she just ran recreationally, but at the age of 58, she ran her first of four marathons.

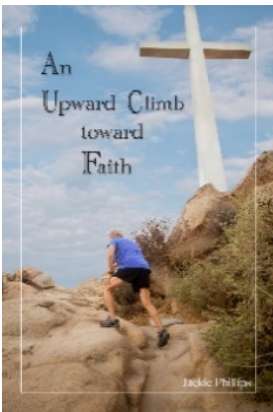
Today, she still enters races of all kinds. Jackie is an accomplished author, speaker, and optimal health coach. She earned a B.S. at Miami University and a M.S. from Purdue University.

After teaching in a classroom for a few years, she found her true calling as an entrepreneur and left public school teaching. She founded and operated Spashtime Swim School for nearly twenty years.



She also served on the national board of her sorority, Sigma Kappa, for ten years. It was then that she became known for her upbeat attitude speaking to college students at national conferences. She was also Certified Lay Speaker in the United Methodist Church for over twenty years.

Currently, she is the founder and CEO of **Phillips Wellness Enterprises**. She teaches classes in wellness for the foster parents through Riverside Community College.



She first published as a co-author in a collaborative book by Team Referral Network, entitled, **Elevate** (2019) Since then, she has authored two more books, **Step by Step, 21 Ways to Enhance the Winner in You** (2019) and **An Upward Climb toward Faith** (2021).

She is a member of Team Referral Network, the Riverside Chamber of Commerce, the California Writers Club, and the Grove Community Church where she is a Bible study leader and volunteer bookstore worker. In 2015, Jackie was awarded the Leadership Success Summit Upside Thinker Award.

Jackie lives in Riverside, CA with her husband and college sweetheart, Dick.

### Keynote Topics

- The Pillars of Faith and How to Keep Standing – 5 steps to strengthen faith
- How To Enhance the Winner in You – Stepping into your greatness
- What To do When You Are Called to Witness – Simple steps to share your faith
- How to Age Gracefully – Ways to turn back the clock
- How to Keep Your Body, Your Holy Temple – Steps for your wellness

### Testimonials

*I always look forward to having Jackie Phillips speak in my congregation. No matter the size of the group, she never fails to connect with her audience. Her joy and enthusiasm are contagious, and her presentations are well-organized and easy to digest. If you get a chance to book her, jump at it!*

– Pastor William A. Johnson, First UMC of Orange

*Jackie Phillips has been an inspiration in my life both personally, and professionally. She lives what she believes and is a true testament to the knowledge she provides concerning healthy lifestyle living, as well as balancing business, family and spirituality.*

– Kathy Macias, CEO, Angels for Christ Ministry