

# AMY LOU JENKINS

**Award-Winning Author • Memoir & Narrative Nonfiction Teacher • Speaker**

Amy brings lived experience, literary insight, and an evidence-seeking mind to conversations about cultural programming, women's lives, belonging, nature, voice, and memoir, connecting personal story with bigger questions about what we inherit, what we believe, and what we choose.

**Author | Educator | Speaker**



## FIVE BOOKS

Award-winning narrative nonfiction



## 10+ YEARS TEACHING WRITERS

Memoir and narrative nonfiction



## SIGNATURE WRITING METHODS

Frameworks for story and meaning. JUMP method and Start your writing engine.

## PODCAST TOPICS

- 1 **Programmed for Service, Silence, and Sacrifice: What Happens When Women and Men Start Questioning What They Inherited**
- 2 **Sass Saved My Life: Every Time I Saved Myself, I Was Breaking Somebody's Rules**
- 3 **How Nature Helps Us Turn Down the Lies of Civilization**
- 4 **The Dangerous Romanticism of Female Dependence: The Lie Behind the Tradwife Fantasy**
- 5 **Does Mother's Day Really Honor Mothers, or Does It Reinforce the Idea That Women Are Built for Sacrifice?**



## PERFECT FOR PODCASTS THAT COVER

- Women's lives, feminism & cultural programming
- Memoir, narrative nonfiction & writing craft
- Identity, belonging & moral courage
- Nature, meaning & personal values
- Truth seeking, critical thinking & personal growth



## LISTENER TAKEAWAY

Listeners leave with sharper questions about the cultural rules they inherited, greater awareness of when belonging or agreement costs too much, and practical ways to reconnect with their values, voice, judgment, and capacity to change as they learn.

**"Every time I saved my own life, I was breaking somebody's rules."**



## AS A GUEST, AMY BRINGS

- An evidence-seeking perspective shaped by administrative leadership, MFA, and nonfiction authorship.
- Strong personal stories connected to broader cultural questions.
- Teaching frameworks that make meaning, voice, and writing concrete.
- Decade-plus experience teaching memoir and narrative nonfiction.
- Substantive conversation with clear, memorable listener takeaways.



## CREDIBILITY & INTELLECTUAL PROPERTY

MFA in Writing & Literature • BSN in Nursing & Professional Communication  
Former RN & healthcare leader with director-level experience



## PODCAST BOOKING

✉ [amy@amyloujenkins.com](mailto:amy@amyloujenkins.com)  
🌐 [AmyLouJenkins.com](http://AmyLouJenkins.com)



[facebook.com/amyloujenkins](https://facebook.com/amyloujenkins)



Booking: [AmyLouJenkins.com/booking](http://AmyLouJenkins.com/booking)

**DOWNLOAD**

**NOW**