

AMY LOU JENKINS

Award-Winning Author • Cultural Programming & Identity Educator • Media Guest

Amy Lou Jenkins brings an evidence-seeking lens to cultural programming, identity, voice, and choice. An award-winning author and experienced media guest, she gives viewers practical ways to question inherited beliefs and think more clearly about the messages shaping daily life.

Author | Educator | Speaker | BSN, MS, MFA



AWARD-WINNING AUTHOR

Five narrative nonfiction books



20+ PODCAST APPEARANCES

Plus public and national radio



20+ YEARS TEACHING

University, Business, Cultural, and literary programs

IDEAL TV SEGMENTS

- 1 **Are You Living by Rules You Never Chose? 3 Ways to Spot Cultural Programming**
- 2 **Women Have a Moral Obligation to Stop Being So Agreeable**
- 3 **AI, Noise, and Your Identity: How to Keep Your Own Voice in a Manufactured World**
- 4 **The Tradwife Trend: Choice or Old Rules in New Packaging?**
- 5 **How Nature Can Help Us Turn Down the Lies of Civilization**

ON-CAMERA / INTERVIEW VALUE

- Translates complex cultural questions into clear, viewer-friendly language.
- Connects evidence, personal story, history, and current cultural conversations.
- Handles sensitive subjects with empathy, clarity, and conviction.
- Builds practical viewer questions and usable takeaways into each conversation.



VIEWER TAKEAWAY

Viewers gain practical questions and habits for recognizing inherited beliefs, protecting their own voice, separating personal choice from cultural pressure, and responding to complex ideas with greater clarity, empathy, and intention.



IDEAL TV AUDIENCE

Curious adults who want to examine the beliefs and cultural messages shaping their lives, reconsider certainty when evidence changes, and think beyond confirmation bias while maintaining empathy for people who see the world differently.



WHY BOOK AMY

- Timely angles on AI, gender roles, identity, and cultural programming.
- Award-winning author with a forthcoming memoir supporting current media opportunities.
- Cross-disciplinary background spanning healthcare, writing, education, and media.
- Distinctive point of view grounded in lived experience and evidence.



CREDIBILITY & INTELLECTUAL PROPERTY

Creator of The Writing Engine, JUMP Method & Mine the Meaning
Signature frameworks for memoir, meaning-making & publishing



WISCONSIN
PUBLIC RADIO

WUWM 89.7 FM
Milwaukee's NPR



TV & MEDIA INQUIRIES

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