



Media Kit

Jennifer
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PODCASTER+AUTHOR+SPEAKER

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Jennifer Arnise

The Autonomy Architect for
Black Women Healing the
Mother Wound



Jennifer Arnise is a sought-after speaker, author, and cultural truth-teller known for her work helping Black women heal the mother wound and reclaim autonomy. Drawing from lived experience, trauma-informed frameworks, and embodied practice, Jennifer boldly addresses the invisible emotional conditioning that drives burnout and hyper-independence in high-functioning women.

SERVICES OFFERED

Keynote Speaker

Workshops

Panel Discussion

Community Events

60K+ ^{IG} followers

23K+ ^{YT} Subscribers

750K+ ^{YT} Downloads

300K+ ^{Podcast} Downloads

SIGNATURE TOPICS

- ✓ Healing the Black Mother Wound: A Black Daughter's Story
- ✓ From the Obedient Little Girl to the Empowered Woman
- ✓ Emotional Labor, Burnout, and the Cost of Being the Responsible Daughter
- ✓ From the Indebted Daughter to the Empowered Woman
- ✓ Healing the Quiet Shame of Being Raised by a Mother Who Didn't Like You

“

Jennifer equipped us with the "why" we are trapped in our pain, and the "how" to take the necessary steps to get out for good. Then too, seeing her being a Black woman overcome her pain and THRIVE was the hope I had been looking for all my life.

“

She helped me to realize that I actually matter and that I needed to advocate for myself and the little girl inside of me. I am now able to say NO and mean it, speak up on my own behalf, and go for what I want. I no longer struggle with expressing feelings that were supposed to come naturally.



**THE BLACK MOTHER
WOUND PODCAST**
WITH JENNIFER ARNISE

A bold & vulnerable podcast about Black daughters healing from the painful relationship with their mothers

HEALING STARTS HERE

One of the worst things you can do in the Black community is talk bad about your mama. When she loves and nurtures you, there are no heights you can't reach. But when her unhealed trauma is unleashed on her daughter it can be crushing for a lifetime.

Unflinchingly honest and tenderly vulnerable, we discuss the reality of the Black mother wound and how it impacts Black women's identity, relationships, health and lives.

230K+ DOWNLOADS

The Black Mother Wound Podcast, brought to you by The Black Effect Podcast network is released every Tuesday and is available on Spotify, Apple Podcast Youtube, Google Play, Stitcher and Amazon Music.



Top EPISODES


Ep. 1
What is a Black Mother Wound?


Ep. 19
Take it easy on yourself Sis!


Ep. 12
Reparenting Your Inner Child

Past Interviews LISTEN UP!



[Black Girls Heal](#)



[Good Ancestors Podcast](#)



[I Know I'm Crazy with Naja Hall](#)



[Heal Black Joy.](#)



[Next Nation with Sylvia K. Alston](#)

Community STATS



INSTAGRAM
60K



YOUTUBE
24K SUBS
700K+ DOWNLOADS

46.5K

PAGE VIEWS/MTH
via
Instagram

11K

MTHLY ENGAGEMENT
via
Instagram

TOP CITIES

Seattle
New York City
Denver
Atlanta
Washington, DC

DEMOGRAPHICS

AGES

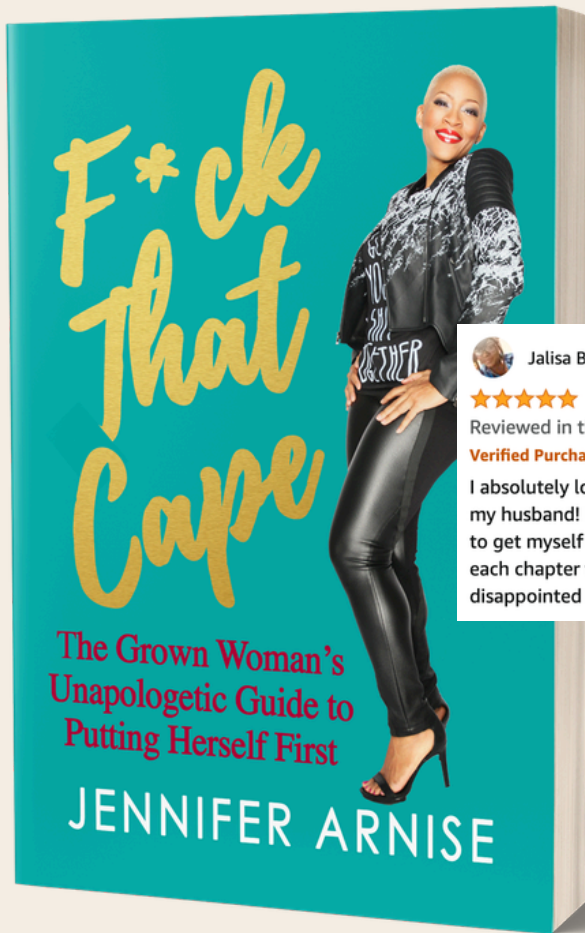
42% 28-34
33% 35-50

3.2K

EMAIL SUBSCRIBERS

The BOOK

OVER 500
5★ REVIEWS!



 Jalisa B

★★★★★ **Amazing read**

Reviewed in the United States on March 30, 2022

Verified Purchase

I absolutely love this book! I'm a 32 year old mother and wife. I lost who I was taking care of the kids and my husband! I needed to find me again and learn how to put me first again! This book is just what I needed to get myself back on track. She is real and straight to the point! I also love that she has questions after each chapter that gets you involved and makes you think! Get the book, I promise you would be disappointed

Available at
amazon

With soul-baring stories and anecdotes from her own life, Jennifer gives a detailed account of her journey to healing and shows you how stop “Caping” as a Strong Black Woman and begin to have a more compassionate view of yourself and begin making yourself the number one priority in your life and trust your own instincts and abilities without having to compromise to please anyone else.

Word on the

STREETS



I just finished Episode 6 and cried like a baby but I feel seen, heard and validated and refreshed.



"It feels like she's speaking directly to my soul, the little Black girl inside of me is so happy to be heard and seen."

"Honestly, every time I finish an episode I feel like I got over on Jennifer & owe her some coins for this therapy!"

My mother wound runs deep, but what you've shared in just a few episodes is already helping me find healing.

