

Jenny Remington
Business, Career, and Self-Care Coach
Speaker | Best-Selling Author



Jenny Remington is an ICF-certified coach who has empowered hundreds of professionals, entrepreneurs, and parents to navigate major career transitions, reimagine their businesses, and realign their lives.

With more than 14 years of coaching experience, Jenny has guided clients across seven countries and four continents to step away from burnout, establish firm boundaries, and confidently "play bigger" in both their personal and professional worlds.

Twice named an "Austin Changemaker" by *Austin Woman Magazine* (2024 and 2025), she is also a featured author in the Amazon

best-seller *Point Taken: Brilliant Business Advice From Women at the Top*.

Jenny's core mission is to help high-achievers find "margin"—the essential, restorative space between life's heavy demands and personal capacity. She has a unique gift for bridging strategic career growth with holistic self-care practices, teaching clients how to quiet their inner critics, regulate stress, and ground themselves in unpredictable times. Beyond 1-on-1 private coaching, Jenny is an impactful speaker, workshop facilitator, and retreat leader who loves designing transformational spaces for teams and groups to cultivate deep self-awareness and connection.

She brings a decade of prior experience in public relations, communications, and marketing—working across start-ups, agencies, and global tech giants—to help her clients find strategic clarity. Now, as a full-time business owner and mother, she knows firsthand the daily juggle her clients navigate.

Jenny's coaching style is direct, deeply compassionate, and rooted in helping clients shed guilt, practice radical self-compassion, and trust their inner compass. When she isn't coaching, leading workshops, or writing, Jenny loves to practice yoga, read, bring people together, stand-up paddleboard, and engage in deep conversations with those she loves. She lives in the Austin area with her husband of 20+ years, her two growing children, and the undisputed wildcard of the family, Gus the schnoodle.

[Headshots available here.](#)