

Jena Jake's Cultivate Joy Program Helps Midlife Women Transform Through Soulful Connection

NEW JERSEY, NJ, UNITED STATES, September 18, 2025 /EINPresswire.com/ -- Forget heavy self-help and rigid routines. This fall, certified coach, author, and speaker Jena Jake is flipping the script on personal transformation with the launch of Cultivate Joy — a six-week online program designed to help midlife women rediscover their spark through laughter, connection, and soulful practices.

As the founder of House of JULES, a soulful sisterhood and pop-up event company, Jake believes transformation doesn't have to be gloomy to be effective. "Transformation doesn't have to be heavy — at House of JULES, we make it joyful, soulful, and magnetic," says Jake.

□ About the Program

Launching this October, Cultivate Joy offers:

Six weeks of soulful sisterhood blending icebreakers, laughter, and playful stress-buffering tools.

A focus on manifestation and magnetic presence — helping women uncover their unique pathway to joy.

A final Girls' Night Out celebration featuring community connection and a special tarot/medium guest.

Unlike traditional self-help methods that often feel isolating or overwhelming, Cultivate Joy is designed as a light, unforgettable sanctuary where women can relax, connect, and grow together.

□ About Jena Jake

Jena Jake is a certified coach, author, and speaker who blends professional training with deep intuitive gifts. She founded House of JULES to create sanctuaries for women in midlife to transform joyfully — through luxury salons, gatherings, and online programs. Her motto: Sanctuary. Sisterhood. Synergy. Soulful Sparkle.

"My mission is simple: create spaces where women come for the fun and leave more confident, radiant, and unstoppable than they imagined," Jake says.

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