

Jane Elizabeth Snyder, aka Mama Jane, Empowering Women to Embrace God-Given Dignity, Wellness & Purpose

EL PASO, TX, UNITED STATES, August 21, 2026 /EINPresswire.com/ -- Wisdom Wellness Coaching Founder Combines Catholic Coaching, Cycle Awareness, Mindset Development, and Spiritual Formation to Help Women Live With Clarity, Peace, and Confidence

Jane Elizabeth Snyder aka Mama Jane, is the CEO and Founder of Wisdom Wellness Coaching, LLC, a coaching practice dedicated to helping women recognize their dignity, gifts, and potential. Based in El Paso, Texas, Jane launched her coaching practice in 2022 following more than 30 years of entrepreneurial experience shaped by military service, family life, education, ministry, and a longstanding commitment to helping others grow.



The philosophy behind Wisdom Wellness Coaching centers on helping women “become the woman God created you to be,” with an emphasis on mental, emotional, and spiritual healing. The company describes its mission as strengthening women, couples, and families in their God-given dignity and purpose, while encouraging women to embrace womanhood as a gift rather than a burden.

Through Wisdom Wellness Coaching, Mama Jane brings together cycle awareness, mindset coaching, physical and emotional self-awareness, and faith-informed personal development. Her approach encourages women to better understand the connection between their thoughts, emotions, actions, physical well-being, and spiritual lives. She teaches that a woman's cycle can be understood not simply as a biological process, but as an opportunity for self-knowledge, deeper prayer, and spiritual growth.

Mama Jane's work is specifically rooted in Catholic coaching and spiritual motherhood. She explains that the name "Mama Jane" was given to her while she was serving women at a Catholic pregnancy center. Through that experience, she learned that when a woman feels safe, seen, and supported, real healing can begin. That maternal approach to accompanying women became central to her work and ultimately became the foundation for the "Mama Jane" identity she carries today.

Mama Jane's professional journey is rooted in a diverse range of experiences. As a military wife and homeschooling mother, she developed an entrepreneurial mindset while balancing family responsibilities and community involvement. She has also been deeply engaged in Catholic ministry and education, experiences that helped shape her understanding of service, leadership, and personal development.

Her background also includes active duty service in the U.S. Army Military Intelligence Corps, where she served as a captain in both active and reserve roles. Her military experience provided her with a structured and disciplined perspective that continues to influence the way she approaches coaching. Mama Jane studied at Florida State University through ROTC, focusing on French and Spanish, building a foundation that complemented her leadership and service-oriented experiences.

Before founding Wisdom Wellness Coaching, Mama Jane worked as a fertility education coordinator at a nonprofit pregnancy center. She also served as a parish religious education coordinator, overseeing programs that supported hundreds of students and families. These roles allowed her to work closely with individuals at different stages of life while strengthening her ability to educate, organize, communicate, and guide others.

Today, Mama Jane's credentials include Master Catechist, Billings Ovulation Method Instructor, Catholic Mindset Coach, Charism Coach, and Gallup Strengths Coach. This combination of faith formation, fertility education, mindset development, and strengths-based coaching allows her to approach women's development from multiple dimensions.

Her expertise is particularly focused on women who may be struggling with body image, fertility challenges, emotional wounds, or a sense of purpose. Mama Jane works to help women understand their bodies and experiences through a framework that integrates faith and science, encouraging them to recognize their inherent dignity and the ways their physical lives can intersect with their relationships and spiritual lives.

Today, Mama Jane extends that experience into her coaching practice. She is also the host and co-creator of the podcast Cycles and Sanctity, where she explores how women can align their lives, health, and faith with a deeper sense of purpose and holiness. The podcast reflects her broader mission of helping women understand their cycles, bodies, and spiritual purpose while encouraging them to live in greater harmony with their Catholic faith.

Beyond individual coaching, Mama Jane is also an experienced Catholic speaker, workshop leader, and retreat facilitator. She develops talks and workshops for Catholic audiences, including young adults, women's ministries, and couples' retreats. Her topics include human formation, Theology of the Body, Natural Family Planning, and marriage and vocation.

Among her featured programs is "Love Thy Neighbor As Thyself," a human formation retreat focused on understanding temperaments and building stronger communities. Another presentation, "The Goodness of Our Bodies," explores the Theology of the Body and the beauty of God's design for human sexuality and the sacred meaning of the human body. She also presents "The Gift St. Paul VI Gave Us," examining *Humanae Vitae* and its continuing relevance, as well as "Bone of My Bone and Flesh of My Flesh," a presentation focused on marriage as a covenant of love, fidelity, and grace.

Through these workshops and retreats, Mama Jane seeks to create welcoming and prayerful environments where participants can encounter God's love, deepen their faith, and grow in holiness. Her stated mission extends beyond individual transformation to strengthening what she describes as the "Domestic Church" by equipping Catholic women and families to live authentically and intentionally according to the truths of their faith.

Mama Jane attributes her success to a strong sense of independence, which led her to build her own company and work best on her own terms, with the freedom to set her own direction and schedule. She is also highly persistent and determined. Once she commits to something, she does not easily let go and continues pushing through challenges.

Rather than viewing setbacks as failures, Mama Jane sees them as part of the process. She believes success comes from resilience and the willingness to keep getting back up and moving forward. That philosophy has allowed her to navigate the challenges of entrepreneurship while continuing to develop her vision for Wisdom Wellness Coaching.

The best career advice Mama Jane has received is to trust the Lord and follow the path He has for her. She has also learned the importance of not looking sideways or comparing herself to others, recognizing that comparison can lead people to undervalue their own journeys and progress.

Instead, Mama Jane focuses on running her own race—remaining grounded in her purpose, moving at her own pace, and trusting that her path is unfolding as it should. This perspective has become an important part of how she approaches both her own career and the women she serves.

For young women entering the coaching industry, Mama Jane emphasizes that there is plenty of room for them. She believes their voices, perspectives, and skills are needed, particularly in a field that continues to grow and evolve. With billions of people in the world, she believes there is

no shortage of opportunities or potential clients. What matters most, she says, is stepping forward with confidence, believing in one's value, and committing to serve those who need guidance.

One of the biggest challenges Mama Jane currently faces is adapting her primarily in-person strengths to an increasingly online business environment. After launching her business in 2022 during the post-COVID shift, she has worked to build an effective digital presence. While she naturally excels in face-to-face and group settings where she can connect, influence, and guide people directly, learning how to communicate and market herself effectively online has become an important area of growth.

At the same time, Mama Jane sees significant opportunities ahead. She hopes to expand into public speaking on larger stages and finally write a book, both of which align with her strengths and long-standing goals for greater impact. These opportunities would allow her to reach broader audiences, share her perspective, and encourage more women to pursue lives rooted in purpose.

Integrity, hard work, openness to growth, and honesty are among the values Mama Jane considers most important in both her professional and personal life. She also strongly believes in the willingness to take risks, even when doing so feels uncomfortable or uncertain.

Mama Jane believes people are not meant to settle for a mediocre life but should pursue something greater, even when that requires stepping outside their comfort zones. While taking risks can sometimes lead to failure, she views those experiences as valuable opportunities for learning and growth.

Through Wisdom Wellness Coaching, Mama Jane Elizabeth Snyder continues to build a platform centered on helping women understand their worth, embrace their strengths, and pursue meaningful lives. By combining her military discipline, entrepreneurial experience, Catholic faith, fertility education, coaching credentials, and personal understanding of motherhood and womanhood, she offers an approach designed not merely to help women manage life's challenges, but to help them recognize the dignity and purpose within their own stories.

Her work ultimately reflects a simple but powerful conviction: women can be supported in becoming more fully themselves while deepening their relationship with God, understanding their bodies, strengthening their relationships, and embracing the vocation and purpose to which they are called.

Learn More about Jane Elizabeth Snyder:

Through her Influential Women profile, <https://influentialwomen.com/connect/jane-snyder> or through her website, <https://www.wisdomwellnesscoaching.net/>

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