Jennifer Wren Tolo, Profiled By Influential Women, Empowers Women To Move Past Survival Mode And Reclaim Well-Being

MA, UNITED STATES, September 18, 2026 /EINPresswire.com/ -- A Holistic Health Educator, Nurse, Coach, Author, and Speaker Helping Women Find Clarity, Resilience, and Personal Power



Essex, Massachusetts – Jennifer Wren Tolo, RN, MA, is a holistic health educator, stress and resilience coach, author, speaker, and founder of Butterfly Family Wellness. Drawing from more than two decades of experience in holistic health and wellness, as well as her foundation as a critical care nurse, Jennifer has dedicated her career to helping women move beyond survival mode and reconnect with their personal power, purpose, and well-being.

Her approach is grounded in both clinical expertise and holistic healing practices. Through her signature Make a Brain Break method and ABCs of Stress Management, Jennifer brings together science, intuition, mindfulness, and whole-person health to help women cultivate greater clarity, balance, and resilience. Her work reflects a belief that true wellness is not about following rigid formulas, but about understanding the individual and empowering each person to discover what is right for them.

Jennifer's professional philosophy was shaped by deeply personal experiences. After navigating life-threatening health challenges involving two of her four sons, including a neonatal stroke and childhood leukemia, she witnessed firsthand some of the limitations and gaps that can exist within traditional healthcare systems. Those experiences inspired her to expand her knowledge beyond conventional approaches and pursue studies in nutrition, neuroplasticity, mindfulness, fitness, and energy medicine.

What began as a mission to support families facing complex health challenges eventually grew into a broader commitment to empowering women. Jennifer recognizes women, particularly mothers, as powerful catalysts for change within their families and communities. By equipping them with knowledge, awareness, and tools for greater resilience, she believes women can create meaningful change not only for themselves but for the people around them.

Jennifer's academic and professional background reflects the breadth of her approach. She holds a B.S. from the University of Virginia and an M.A. from New York University, along with studies through the National Institute of Whole Health and the Institute for Integrative Nutrition. Her certifications include Certified Holistic Health Coach, Whole Health Patient Educator and Advocate, Certified Personal Trainer, Reiki Master, and Karuna Trained. She is also a licensed registered nurse and holds ACE personal training credentials.

Today, Jennifer serves as an adjunct professor at Endicott College School of Nursing, where she teaches courses focused on holistic and complementary approaches to health and healing. She is also the host of the podcast Simple Awakenings: Finding Clarity in Life's Chaos, a bestselling author, and a sought-after keynote speaker on stress management, resilience, and personal transformation.

Across her coaching programs, workshops, writing, speaking engagements, and other educational platforms, Jennifer encourages women to pause and take a Brain Break to interrupt the mind's stress spiral and listen to the wisdom of their body, mind, and soul. Her work centers on the understanding that awareness is often the first step toward meaningful change.

Jennifer attributes her success to remaining constantly open to possibilities and opportunities and having the courage to succeed or fail so she can learn from each experience. She also believes in giving herself grace when she needs to take a step back, particularly when her children need her attention. For Jennifer, putting her kids first does not diminish her professional ambitions; instead, it reflects the authenticity with which she approaches both life and work.

She recalls being told that her business was simply a hobby and being asked to let people know when she was ready to make it a "real business." Jennifer never viewed it that way. Butterfly Family Wellness is a passion project rooted in purpose. She believes in walking her walk and recognizing when one responsibility or priority requires her to step back from another. Rather than apologizing for that choice, she embraces it as an important part of living authentically.

Trusting herself has also become one of the most important lessons in Jennifer's career. She has learned to stop trying to follow what others tell her she should do, fit herself into an established system, or copy what someone else has done. While she uses the experiences of others to help shape and guide her, she remains committed to staying true to her own passion, message, and values.

That same belief shapes the advice she gives to women entering the health and wellness

industry. Jennifer cautions against one-size-fits-all thinking, emphasizing that something that worked for one person does not necessarily make it the right choice for another. She encourages professionals to look beyond specific solutions and focus instead on the deeper message underneath them: individuality matters.

For Jennifer, personal empowerment is at the heart of meaningful wellness education. She believes people should never be expected to follow someone blindly simply because an expert says a particular approach is correct. Instead, health and wellness professionals should help individuals understand what is right for them and teach them how to access their own wisdom and awareness.

Jennifer is particularly clear about one principle: people do not need to be fixed. Her role is not to fix anyone, because nobody is broken. Instead, she works to empower people, helping them recognize what may be out of balance, understand what balance looks like in their own lives, and develop greater awareness that supports their own healing journey.

Jennifer sees fragmented healthcare systems and the tendency toward one-size-fits-all solutions as among the biggest challenges facing health and wellness today. At the same time, she sees significant opportunities to empower women, especially mothers, as agents of change. Through coaching, speaking engagements, podcasts, workshops, and retreats, she believes there are more opportunities than ever to expand access to education, support, and practical tools for resilience.

Underlying all of Jennifer's work are the values of authenticity, transparency, honesty, and personal empowerment. Perhaps most importantly, she believes in never taking another person's choice away. Her role is to provide information, perspective, and support while allowing individuals to make their own decisions.

For Jennifer, the ability to choose is a person's greatest power. Through Butterfly Family Wellness and the many ways she teaches, speaks, coaches, and shares her message, she continues to help women recognize that power, move beyond survival mode, and create lives grounded in greater awareness, balance, purpose, and well-being.

Learn More about Jennifer Wren Tolo:

Through her Influential Women profile, https://influentialwomen.com/connect/jennifer-tolo or through her website, https://jenniferwrentolo.com/

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