

ATA GLANCE

Full Name: Dr. Jen Welter

Position: First Female NFL Coach; Owner, Jenny Football

Birthdate (Year Optional): October 27

Birthplace: Vero Beach, FL

Parents Names: Dr. Peter & Nancy Welter

Education: BS in Business, Boston College; MS Sport Psychology, Capella University; PhD Psychology, Capella University

Honors to Date:

- 2x Gold Medalist with Team USA in the IFAF Women's World Championship
- First female to play running back in men's professional football
- First female position coach in men's professional Football
- First female coach in the NFL
- Wired Magazine, "Serena Williams's Trailblazers: 10 Heroes who are showing the way forward to a better, fairer world for all"
- ESPNW's and Marvel's Super IMPACT25 (Top 25 Women of 2015)

Hometown: Vero Beach, FL

Bucket List: Skydiving, surfing in Australia, see the New Zealand All Blacks play live, and coach American football in at least 20 countries

Regrets List: None. I never look back and look for change.

Playlist: Too many to list, but a shout out to My Boyz, Snoop, Krazyie Bone, and the rocker, Pink!

15 Questions

1. One of my favorite childhood memories:

When I begged my parents to let me walk my Siberian Husky. The dog was so strong they were afraid I would let go of the leash. He saw a squirrel, pulled, and took me off my feet. However, I refused to let go of the leash. My parents were chasing all the while pleading, "Let go of the leash!" I finally relented. When they reached me, I wasn't fazed by being pulled down the street. However, in tears, I apologized to them. "I'm sorry I let the leash go. I didn't want to let the puppy get away!" Even then I knew to hold tight to things you love, even when they drag you down a bumpy road!

2. Favorite and most important teacher and

why: Dr. Adrienne Leslie-Toogood. She pushed me and supported me throughout the time I worked on my Masters and PhD degrees. She always loved my ideas and pushed me to see them through.

3. My first job was: I worked in my dad's chiropractic office.

4. I believe: When you live your life with passion, there are no limits to what you can achieve.

5. Whenever I have a problem I: Pray for guidance and strength, consult experts, and get working on a solution.

6. My strength comes from: The people who I love. My family by birth and my family of choice, which includes my football family.

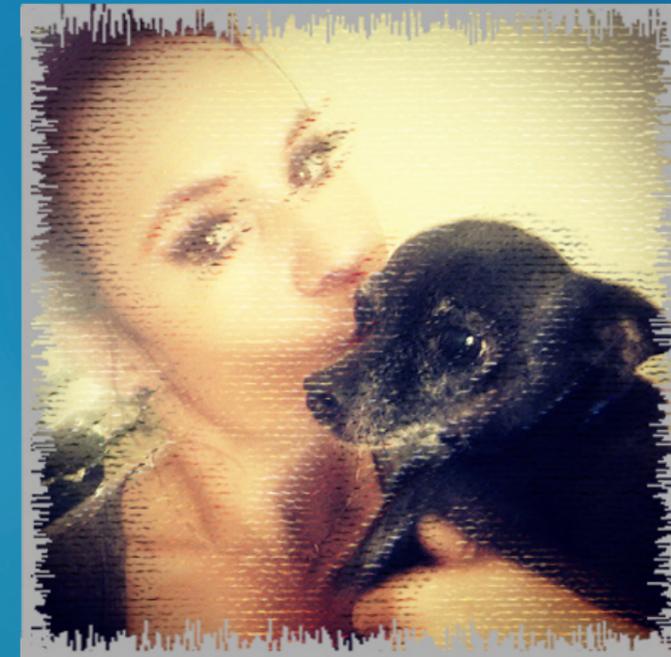
7. My favorite book is: An NFL playbook.

8. I am inspired by: Everyone who reaches out and shares their stories of dreams, achievements, and overcoming difficulties.

9. I am grateful for: All of the people who support me, believe in me, inspire me, and push me beyond what I even dream is possible.

10. I want to be remembered for: Changing the game of football. Football was once the final frontier for women. If a woman can coach in the NFL, then anything is possible.

11. Quote to live by: On the move! Let's go!



Dr. Jen Welter