

Jennifer Dianne Tribble (AKA: J Dianne Tribble)



2021 recipient of the Community Action Motivators Award by ALCAM Community Inc. Voted 2020 BEST MOTIVATIONAL SPEAKER by BEST Society. Voted Best Coaching Services in Jacksonville, FL 2018-2020 by Expertise.com. 2019 award recipient of the PUBLIC SERVICE Award by ACHI Magazine and 1st Place award recipient of the BEST BUSINESS COACH/CONSULTANT by BEST Society. Awarded the 2011 & 2015 Spirit of Service Award by the University of Phoenix, Coach J Dianne Tribble is the CEO and founder of At the Table Life Coaching & Motivational Speaking Services LLC. She is a Certified Professional Business & Health & Wellness Coach, Corporate Trainer, inspiring Motivational Speaker, published author, and a business start-up consultant.

Her business provides service solutions for:

- one-on-one and group Health & Wellness, business, and Life Coaching services
- Family dynamics group interventions
- a thriving Life coach certification program (approximately 125 men and women (internationally))
- Public speaking certification program
- Corporate training and workshop development
- Business & professional consultations

As a Corporate trainer, she has provided a plethora of health and wellness seminars for numerous companies. Topics include but not limited to Coping with Anxiety, Resilience, Self-Care, Compassion Fatigue, Burnout, Goal Setting, Teambuilding, Change & Etiquette in the Workplace, Stress Management, Assertive Communication, Listening Skills, Planning, Prioritizing, and Organizing, Fitting Fitness Into Your Day, Conflict Resolution, Adopting a Healthy Lifestyle, Food In the Fast Lane, Self Esteem, Tobacco Cessation, Networking, Surviving Mergers & Acquisitions, Budgeting, etc.

Service to her community includes IMPACT Church, Executive President of the University of Phoenix Alumni Chapter North FL, PACE Center for Girls, Junior Achievement Girls North Florida, L.E.A.P. Women's Empowerment Group, and Bosom Buddies (breast cancer awareness and support group). She is the co-founder and co-leader of We Are Women in Business, a women's professional group. She teaches continuing education classes for Duval County School System. As a Corporate trainer, she provides health & wellness training for numerous companies nationally.

She is a columnist for *RESILIENT* magazine. Additional articles written by Coach J Dianne Tribble have been featured in *Entrepreneurs Anchor Magazine* and Ezine Articles. She has been featured numerous times on local TV broadcasts and radio stations in Jacksonville, FL and Atlanta, GA. Her published books include: *The Star Inside of You Motivational Nuggets & Inspirational Stories of Encouragement*, *So You Want to Be a Life Coach Anthology*, *Chew & Chat MORSELS At the Table*, *Take Note at the Table*, and *Lessons from the Keys of Life: Resilience & Empowerment to Move Forward*.

She resides in Jacksonville, FL with her husband, Larry, of 40 years. They are the proud parents of three successful adult children and one son-in-law.