



Meet BJ

- **International Inspirational Speaker** for the **YOU CAN Ministries** team of women speakers and an award-winning Toastmasters International speaker.
- **Choir Director** since 1990 of the **LOVE IN MOTION Signing Choir** that brings songs alive in moving ways throughout the world and on television.
- **Co-Founder** with husband Dr. Doug in 1989 - **CLR Ministries (CREATE LOVING RELATIONSHIPS Ministries)**. The Jensens travel nationwide to lead couples' retreats and seminars for building stronger God-centered marriages.
- **Director of Drama** since 1996 for the **CRB INTERACTORS Drama Troupe**, a **Writer in Residence** and **Member** of the **CREATIVE ARTS TEAM**.
- **Pioneer & President** of exercising to music in 1968 with the **"PRAISEROBICS"** Exercise Programs and **Producer** of three limited-mobility exercise videos.
- **Owner** of **"PHOTOS BY BJ"** - greeting cards, weddings, portraits, flowers, and landscapes. BJ is an award winning professional photographer.
- **Director of Women's Fitness Camps** nationwide for women of all ages for ten years through the YMCA.
- **International Trainer of Trainers** of health and fitness leaders for exercise, healthy lifestyle choices, and stress management.
- **Coach** of the Boys and Girls Gymnastics Teams that won the Illinois State Championships in all three age categories for three consecutive years.

BJ Jensen

Author ~ Speaker ~ Dramatist

Life Verse - "Let your light shine before men, that they may see your good deeds and praise your Father in heaven." - Matthew 5:16

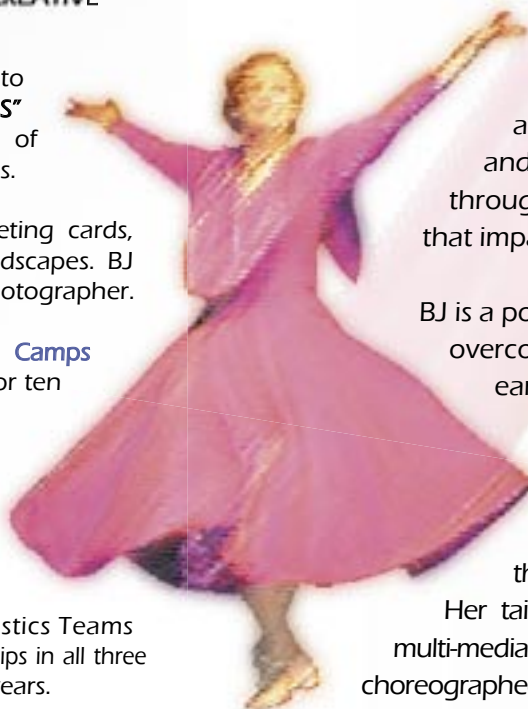
Beverly Jean (BJ) Jensen inspires audiences throughout the world as she shares her contagious enthusiasm, cheerful sense of humor, and energetic bubbly personality.

- **HEADLINER** on television, video, and stage for four years in **"THE MANY FACES OF BJ"**.
- **HOSTESS** on her own television exercise program, **"BEV'S BODY SHOP"** for two years.
- **AUTHOR** of 16 books and contributor of stories to six other published books. **PRODUCER** of nine videos.
- **MINISTER** to **T.A.P.S.** surviving military families with **LOVE IN MOTION** in Washington, DC, along with Presidents Bush and Clinton. Worked side by side with President Carter for **HABITAT FOR HUMANITY**.
- **WINNER - NATIONAL GRAND PRIZE CHAMPIONSHIP in Dance Competition** for the **CHRISTIAN ARTISTS** and toured with the **CONTINENTALS** internationally.
- **YMCA PHYSICAL DIRECTOR OF THE YEAR** - first female awarded this prestigious honor.
- **OVERCOMER** of major & chronic illnesses; death of children.

BJ's indomitable joy-filled spirit prevails in spite of a multitude of life tragedies and travesties. With humor and good grace, BJ delivers inspirational and informative messages of God's love through a compelling transparent testimony that impacts women of all ages.

BJ is a positive role model for women seeking to overcome life's challenges and to rise above earthly circumstances to make a difference for the Kingdom.

This multi-talented lady touches hearts for the Lord by sharing the Gospel through her gifts of creative communication. Her tailor-made programs contain a variety of multi-media and visual presentations including use of choreographed signing and thought-provoking drama.





PROGRAMS TO RENEW, REVITALIZE, AND REFRESH

Inspirational programs and retreats can include any combination of visuals including power points, video presentations, photography, dance, creative art, signing, drama, and comedy sketches.

FINDING JOY IN THE JOURNEY

(I Thessalonians 5:16-18)

With humor and good grace, BJ takes us on an exciting, multi-media journey toward experiencing more joy in our lives. Whether we are experiencing the mountaintop highs or walking through the low valleys, we are called to “by joyful always,” but how is that possible? This talk or retreat will explore the 7 principles that bring more joy into our hearts no matter what is happening around us.

YOU CAN GET OVER IT

(Philippians 4:11-13)

Encouragement is available for anyone who has had to deal with limitations – health issues, low self-esteem, co-dependency, unhappiness in a marriage, loss of loved ones, financial difficulties, and many other life challenges. These “thorns” in our side potentially hold us back from being all God intended us to be. This message explains how we can GET OVER IT and get unstuck. BJ offers three essential principles.

LET YOUR LIGHT SHINE

(Isaiah 60:1)

We are called to reflect God’s light in a dark world, but how can we when we are too busy, over-burdened, or just plain balking? Learn the three secrets to becoming a shining light for the Kingdom. This can be a great retreat or women’s meeting theme with lighthouse and travel decorations. Lighthouse PowerPoint available to run before program. This message can be accompanied by LOVE IN MOTION Signing Choir.

MARVELOUS MAKEOVER

(I Samuel 16:7 and II Corinthians 4:16)

Is this the year to consider a MARVELOUS MAKEOVER? The world claims we need to improve the outside with a nip here and a tuck there, but what we may actually need is a MARVELOUS MAKEOVER on the inside. Are you seeking to get in better shape for life’s joyful abundance with a face-lift or faith-lift?

WOMEN IN THE BIBLE

(Eve, Sarah, Rebekah, Rachel, Delilah, Bathsheba, Esther, Mary, Sapphira, and Priscilla)

Ever since Eve, women have faced struggles and choices similar to our own. When we study the choices these biblical women made, along with their consequences and rewards, we can glean valuable secrets that transcend time. Even though the path to becoming the woman God created us to be may be bumpy, biblical truths from women who went before us will help smooth the way.

THE MANY FACES OF BJ

(Psalm 126:2)

Some of the Psalms remind us of the importance of laughter. BJ’s television “characters” are brought to life to regale their audiences as well as leave them with food for thought. Especially designed for ladies who could benefit from a humorous “how to handle hectic holidays” program, these sketches, anecdotes, and funny stories, will help even the bah-humbuggers reduce their stress and enjoy the season. This entertaining and uplifting program can be specially geared toward any holiday event.