



Jennifer “Jay” Palumbo

Writer • Journalist • Comedian • Advocate • Speaker

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Forbes Contributor, Award-Winning Writer, Speaker & Storyteller
Covering Women's Health, Neurodiversity & Modern Parenthood

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MEDIA KIT

Jennifer “Jay” Palumbo

ABOUT



Jennifer “Jay” Palumbo is an award-winning writer, journalist, comedian, and advocate whose work sits at the intersection of women’s health, fertility, parenting, neurodiversity, humor, and social impact.

She is a Forbes Women contributor whose articles are frequently selected as Editor’s Picks, and her writing has been featured in Time Magazine, NBC Today, Parents Magazine, Huffington Post, Scary Mommy, The Mighty, and numerous other national publications. On Forbes, she has interviewed high-profile leaders and public figures, including Serena Williams, Reese Witherspoon, America Ferrera, Stacey Abrams, Jessica Biel, and Tamron Hall, covering topics such as entrepreneurship, DEI, mental health, infertility advocacy, neurodivergence, leadership, and modern work culture.

Jennifer is also the creator of the award-winning blog **The 2 Week Wait**, a long-running infertility blog recognized for blending humor, education, and advocacy. The blog has received multiple honors, including awards from RESOLVE: The National Infertility Association and Egg Donation Friends, and has supported thousands of readers navigating infertility and reproductive healthcare. With over 20 years of experience across journalism, comedy, advocacy, digital media, and public speaking, Jennifer brings warmth, credibility, humor, and lived experience to every platform she touches.

Rate Card available upon request.

MY AUDIENCE

279K

Instagram
followers

2.6K

Facebook
followers

13K

TikTok
followers

599

YouTube
subscribers

7612

X (Twitter)
followers



Predominantly
women ages
28–54



Primarily based
in the United
States

Audience Interests

- Parenting & modern motherhood
- Fertility & women’s health
- Neurodiversity & special needs advocacy
- Mental health & wellness
- Lifestyle, humor, and cultural commentary

GET IN TOUCH



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LET'S WORK TOGETHER

PUBLIC SPEAKING & MEDIA EXPERIENCE

Jennifer is an experienced keynote speaker, panel moderator, and event host who brings humor, empathy, and insight to both live and virtual audiences.

She has been featured and interviewed on CNN, NPR, FOX, NBC, and BBC America, and appeared in the documentary Vegas Baby. She has emceed and spoken at national conferences, healthcare events, advocacy summits, and charity fundraisers, and has performed alongside well-known comedians and public figures.

Her speaking topics often include:

- Humor as a coping and communication tool
- Empathy in healthcare and leadership
- Infertility and patient advocacy
- Neurodiversity inclusion
- Women's leadership and resilience
- Custom topics are always available.

TIME The New York Times CNN HUFFINGTON POST BBC SELF NBC NEWS
Forbes healthline Parents Scary Mommy Medium MIGHTY THRIVE GLOBAL



Jennifer offers a wide range of creative, strategic, and speaking services, including:

- Brand Partnerships & Sponsored Content
- Blog & Editorial Features
- Affiliate & Influencer Collaborations
- Speaking, Panels & Event Hosting
- Keynote Presentations & Workshops
- Advocacy & DEI Consulting (Neurodiversity)
- Social Media Strategy & Content Creation
- Brand Storytelling, Copywriting & Ghostwriting
- Humor Writing & Performance

SERVICES OFFERED

BRANDS I'VE WORKED WITH


National Geographic • Disney • Universal Orlando Resort
• Rockefeller Center / Top of the Rock • LEGO • Barbie
(Mattel) • Macy's • CoverGirl • Adore Me • The Office of
Angela Scott • DoorDash • Godiva • Bank of America •
Progyny • GLG • Autism Speaks • March of Dimes •
Project Healthy Minds • RESOLVE: The National
Infertility Association • KultureCity • PCOS Challenge


Full partnership list available upon request

Jennifer's work is defined by a rare blend of credible journalism, stand-up comedy, lived-experience advocacy, and strategic storytelling — delivered with an empathetic, audience-first approach.

She speaks authentically about infertility because she lived it, writes about neurodiversity because she parents it, and advocates for women and families because she has navigated these systems herself. This unique perspective allows her to translate complex, emotional topics into engaging, accessible, and often humorous content — making her a trusted voice for readers, brands, organizations, and audiences alike.

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