




Jennifer “Jay” Palumbo

Journalist • Speaker • Moderator • Content Strategist •
Digital Creator • Comic

 @jennjaypal



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.



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.



WORKING WITH ME

Building an authentic relationship with my audience, based on trust, is crucial to me. I genuinely enjoy sharing my favorite brands, destinations, and products in a positive, effortless, and authentic manner.

INFLUENCER / CONTENT CREATOR SERVICES

Instagram

1 Instagram Static Feed Post	\$200–\$750
1 Instagram Carousel Post (up to 10 slides)	\$300–\$800
1 Instagram Reel	\$400–\$1,500
Instagram Stories (3–5 frames)	\$300–\$600
Instagram Story + Feed Post Bundle	\$900–\$1,400

TikTok

1 TikTok video	\$400–\$1,500
TikTok Series (3 videos)	\$1,200–\$3,800

Bundles & Campaigns

Multi-Post Campaign (2–4 weeks)	\$2,500–\$6,000+
Affiliate Partnerships	Flat fee + commission
Giveaways / Contests	\$500–\$1,000
Brand Account Takeover	\$600–\$1,200
Sponsored Travel Coverage	Custom / Starting at \$3,500

PUBLIC SPEAKER / HOST SERVICES *

Keynote Speaker (45–60 minutes)	\$3000–\$12,000
Panelist	\$1,500–\$4,000
Workshop or Training Session	\$3,000–\$6,500
Virtual Speaking Engagement	\$1,500–\$3,500
Event Emcee / Host	\$2,000–\$5,000
Panel Moderator	\$1,500–\$3,500
Live Interviews / Fireside Chats	\$1,500–\$3,000
DEI / Neurodiversity Talks	\$3,000–\$10,000
Caregiver & Parenting Advocacy Talks	\$2,500–\$6,000

* Speaking fees are determined by event type, audience size, customization, format, and travel requirements. Reduced rates are available for nonprofit, advocacy, and fundraising events.