



Jennifer Holland

Culture & Wellness Coordinator

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Jennifer Holland serves as the Culture & Wellness Coordinator with FPLG, leading the Firm's comprehensive wellness program.

Ms. Holland has an undergraduate degree in Health and Human Services, and a Masters degree in Psychology, and has previously worked as the Director of Social Services in the nursing home field and with severely emotionally disturbed youth. Ms. Holland has spent the last seven years working as a Mural Artist, as art and creativity is her passion.

When not at work, she enjoys spending time with her husband and two teenaged daughters. Jennifer loves to create art, cook, bake and love on her three dogs.

EDUCATION

- Master of Arts, Somatic Counseling Psychology, Naropa University
- Bachelor of Arts, Health and Human Services, University of Buffalo

“At the end, it's not about what you have or even what you've accomplished. It's about who you've lifted up, who you've made better. It's about what you've given back” - Denzel Washington

—— JENNIFER