



## **Jennifer Buchholz**

Jennifer Buchholz is the founder of Transform via Travel, an organization that provides community, support and resources for midlife American solo women travelers. She shares stories of those travelers on her podcast Go Solo LIVE! She has shared her solo travel stories in her book *Go Solo! A savvy woman's guide to transformation and self-discovery through travel*. Her favorite place to go is New Zealand. Jennifer has found a lot of personal growth and life lessons come through solo travel. She speaks professionally about how travel can be used as a form of self-care, healing, and wellness. She wants to encourage everyone to take a solo trip, whether it's a weekend away or an international adventure. Jennifer has found that she's never more at home with her self as when she travels solo.