



# JENNIFER FINCH

MUSICIAN, WRITER, AND CULTURAL STORYTELLER EXPLORING CREATIVITY, RECOVERY, AND THE POWER OF LIVE PERFORMANCE.

ONE-ON-ONE INTERVIEWS • PANEL-STYLE DISCUSSIONS • CO-HOSTED COMMENTARY • PUBLIC APPEARANCES

I'm Jennifer Finch, musician, writer, and cultural storyteller. Best known as the bassist for L7, I've spent decades navigating the worlds of punk rock, performance, and creativity. These experiences gave me not just wild stories, but also a front-row seat to resilience, collaboration, and transformation.

Today, I channel those experiences into writing, visual arts, and projects like *Sh!t My Rockstar Says* and *Courage Is The Change*.

My work blends music, culture, and recovery with a grounded sense of humor and a passion for exploring how people find their voice—even in the most unexpected places.

## 🔥 *Conversations That Light Me Up* 🔥

Building resilience through creativity and recovery · Women in music: breaking stereotypes on and off stage · Performance as protest and self-expression · Thriving on the margins: being alternative in alternative spaces · Crafting compelling personal narratives from your own history · Balancing authenticity and industry in creative spaces.



[JenniferFinch.com/book](https://JenniferFinch.com/book)  
[jenniferFinchMarketing@gmail.com](mailto:jenniferFinchMarketing@gmail.com)  
[substack.com/@jenniferfinch](https://substack.com/@jenniferfinch)

**60K+ COMBINED FOLLOWERS**  
ACROSS SOCIAL PLATFORMS WITH  
STRONG ENGAGEMENT

## *Recent Podcast Appearances:*

- + VINTAGE ANNALS (Ep 140)
- + FAT MIKE'S FAT MIKE (Ep 21)
- + ONE LIFE ONE CHANCE w/ Toby Morse (Ep 97)
- + I Wanna Jump Like Dee Dee (Ep 3)
- + "REAL TALK" w/ Backline
- + PUNK SCHOLARS w/Fat Mike (Ep 10)
- + Bienvenido a los 90s (Ep 1030)
- + PUNK ROCK CHRONICLES "MY SHOT"
- + Metal Priestess Podcast (Ep 09)
- + Rockstar Diaries-Healing Out Loud
- + Adversity to Strength with Lee Freeman



## Let's Collaborate

REACH OUT TO BOOK ME FOR YOUR NEXT PODCAST, PANEL, OR EVENT.