LYNN FORD MEDIA

Media *Kit.*



LYNN FORD

Founder, Operations Strategist, Speaker, Podcast Co-host & Media Professional

Founder & CEO of NexaLynx, Founder of Lynn Ford Media, and co-host of Lynx & Ladders with Jasmine St. John.

lynnfordmedia.com

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01 · ABOUT LYNN

Biography & positioning

Current roles

- Founder and CEO of NexaLynx
- Founder of Lynn Ford Media
- Co-host of Lynx & Ladders (with Jasmine St. John)
- Operations Strategist
- Speaker
- Podcast Co-host
- Media and Voiceover Professional

MEDIUM BIOGRAPHY

Lynn Ford is a founder, operations strategist, speaker, podcast co-host, and media professional. She is the Founder and CEO of NexaLynx, a human-led operational intelligence company helping property teams strengthen work-order coordination, vendor follow-through, documentation, visibility, and service continuity.

Lynn brings approximately 25 years of experience across dispatch, home warranty operations, vendor management, property services, commercial roofing, facilities coordination, and operational problem-solving. Her work is grounded in understanding the critical activity that happens between systems, people, vendors, and deadlines.

Through Lynn Ford Media and Lynx & Ladders — which she co-hosts with Jasmine St. John, Vice President of Strategy at Monarch Technologies — Lynn also speaks openly about entrepreneurship, women in male-dominated industries, leadership, chronic illness, fibromyalgia, mental health, relationships, boundaries, weight regain, resilience, and starting again without pretending previous experience has been lost.

Her media experience includes voiceover, social media management, independent content creation, podcast production, co-hosting Lynx & Ladders, hosting additional podcast programs, and appearing as a podcast guest.

02 · AREAS OF EXPERTISE

What Lynn speaks on

Operational intelligence | Property and facilities operations | Vendor coordination | Entrepreneurship | Women in business | Leadership and workplace equity | Chronic illness and fibromyalgia | Mental health | Relationships and boundaries | Weight, health, and personal reinvention | Podcasting and media

MEDIA EXPERIENCE

- Voiceover and audiobook narration
- Podcast hosting and co-hosting (Lynx & Ladders + additional programs)
- Independent podcast production for other creators
- Long-form interview format experience as guest and host
- Social media management for outside companies
- Editorial and digital content development since 2013

FOUNDER STORY

Lynn Ford did not start NexaLynx from a business plan. She started it from a pattern — the same operational gaps showing up across dispatch, home warranty work, vendor management, property services, commercial roofing, and facilities coordination, organization after organization, no matter how much software was bought to address them.

After roughly 25 years of being the person who held those gaps together inside other people's companies, Lynn built one of her own. NexaLynx is a human-led operational intelligence practice: a discipline, not a dashboard. It exists because the work between people, vendors, systems, and deadlines is the work — and treating it as a back-office concern is why so many service organizations quietly fail their customers.

Lynn Ford Media is the parent brand for her independent media work. Lynx & Ladders, co-hosted with Jasmine St. John, is where the conversation about how ambition, health, leadership, and reality actually intersect happens out loud — without tidy endings.

03 · SPEAKING TOPICS

Signature conversations

01 Operational Intelligence Is a Human Discipline

Why work-order software does not solve the problem and what actually does — the dispatch, follow-through, vendor coordination, and documentation that decides whether organizations deliver.

02 Building a Company from 25 Years of Being Overlooked

Turning operational lived experience into intellectual property, pricing, and a service category — without waiting for permission from the people who underestimated you.

03 Women in Male-Dominated Industries, Without the Pep Talk

Honest conversation about the cost, the strategy, the boundaries, and the moments that demand both refusal and reinvention.

04 Ambition and the Body That Has to Carry It

Founding and operating while managing fibromyalgia and chronic illness — and why treating health as a problem to solve later is bad operations.

05 Boundaries Are Operations for Your Life

What boundaries actually look like as systems — at work, in relationships, in the public-facing parts of a career — and why most advice on the subject is unusable.

06 Reinvention Without the Highlight Reel

Career transitions, weight, identity shifts, and rebuilding in public without pretending the previous chapter is a clean origin story.

04 · PODCAST & INTERVIEW

Topics & suggested questions

INTERVIEW TOPICS

- Building NexaLynx from 25 years of operational experience
- What operational intelligence actually means
- Why work-order software does not solve every operational problem
- Building a company after being overlooked at work
- Women in male-dominated industries
- Turning lived experience into intellectual property
- Building a business while managing fibromyalgia
- Weight loss, regain, shame, and starting again
- Boundaries in business and relationships
- Returning to media with more at stake
- The purpose behind Lynx & Ladders

05 · SELECTED APPEARANCES

Recent & upcoming

Operations Is Leadership in Disguise
Podcast (host) · Lynx & Ladders · Ep. 01

Fibromyalgia, Founders & the Cost of Showing Up
Podcast (host) · Lynx & Ladders · Ep. 02

When the Ladder Breaks — Rebuilding in Public
Podcast (host) · Lynx & Ladders · Ep. 03

Boundaries Are Operations for Your Life
Podcast (host) · Lynx & Ladders · Ep. 04

Founder feature — upcoming
Interview · Publication TBA

Keynote — upcoming
Speaking · Event TBA

06 · TESTIMONIALS

What others have said

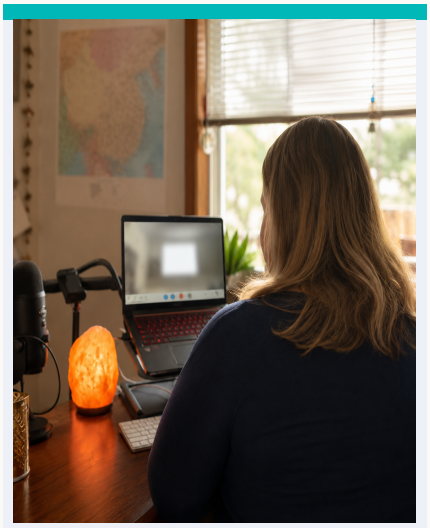
> *Lynn brings the kind of operational clarity rooms usually pretend they have. The conversation changed once she started speaking.*
>
> — Event organizer

> *She is one of the few people who can talk about ambition, health, and leadership in the same breath without flinching.*
>
> — Podcast host

> *Honest, prepared, generous on the mic. Our audience asked us when she would be back before the episode was over.*
>
> — Independent producer

07 · APPROVED PHOTOS

Headshots & editorial imagery



Primary Headshot
Credit not required

PHOTO

Alternate Headshot
Credit not required

PHOTO

Speaking Photo
Photo credit required

PHOTO

Podcast Photo
Credit not required

PHOTO

Founder at Work
Photo credit required

PHOTO

Casual Editorial Photo
Photo credit required

08 · BOOKING & CONTACT

How to reach Lynn

BOOKING INQUIRIES

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PRESS & MEDIA

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BOOKING FORM

https://lynnfordmedia.com/book

WEBSITE

https://lynnfordmedia.com

FIND LYNN ONLINE

- **Website:** lynnfordmedia.com
- **Lynx & Ladders:** lynnfordmedia.com/lynx-ladders
- **NexaLynx:** lynnfordmedia.com/nexalynx
- **LinkedIn:** linkedin.com/in/lynnford
- **Instagram:** @lynnfordmedia

THANK YOU FOR CONSIDERING LYNN.

Replies usually within two business days.