
A CONVERSATION WITH PENNY PENNINGTON

WHAT'S YOUR STORY

Penny Pennington prepares to become the firm's sixth managing partner in January. In accepting the position, she told associates she is excited about the firm's future and how an organization that turns 100 years old in 2022 can still feel "so young and full of vigor."

She shared her story of how she stays feeling "young and full of vigor," as well as her approach to health and wellness.

"Fortunately, both my family and I have had the blessing of good health. But there have been times when that sense of well-being was tested; most especially in 2003-2004 with my diagnosis of breast cancer. Wow, does that bring into focus how precious our health is and how it is worth preserving. Being in the hands of the medical community helped restore my health (along with the support of my family, my clients and my faith). That experience affirmed I would always rather be in 'preventive' mode with the medical community than in 'treatment' mode!"

"Wellness and well-being are critical to me – energy, vigor, health is so important in being fully capable and prepared to enjoy life and contribute to my family, Edward Jones and the community."

How does a healthy lifestyle enable you to meet the needs of your family, the firm, etc.?

"The lives we lead today take some energy, don't they? I know the investment I make into what I eat, how much I exercise, the time I spend in meditation and reflection, the information and entertainment I put into my head – all of that is fuel for the way I want to 'show up' for what I am passionate about and want to contribute to. It's worth the investment so I can be the best version of me!"

How do you make wellness a priority?

"I do a little bit of everything when it comes to my health and wellness. I try to get enough sleep, stay off my screens as the evening wears on, pay attention to what I eat, and get outside to exercise three or four times a week. The time I spend with my family fills me with joy. My husband and children are great accountability partners."

What would you say to those who feel they just don't have time to devote to personal wellness?

"Several years ago, someone I admire told me 'the three or four hours per week that you exercise helps make the rest of the hours in your week much more productive. You really don't have time NOT to take care of yourself.' We have tremendous resources available, such as the health assessment, the Keeping Up with the Joneses walking challenge, and the colleagues around us who help us be good to ourselves."

