

Jennifer Fidler

Social Psychologist, Hypnotist, and Speaker



Helping High-Achievers Decode Their Subconscious Mind For Greater Self-Awareness So They Can Overcome Their Fears, Communicate With Confidence, And Become More Successful

Get in Touch!

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About

Jennifer Fidder, M.A., CPT, CTRLPrac.

Jennifer is a Social Psychologist, Hypnotist, and Speaker with a background in the fitness field and nearly two decades of experience as a coach.

Through 1-on-1 hypnosis-based coaching sessions, seminars, workshops, and speeches, she helps her clients overcome their fears, doubts, and insecurities, so they can get unstuck, feel more empowered, and confident in both life and business.

Over the years she has been featured as an expert and/or contributed to publications such as TinyBuddha, Shape, Huffington Post, WebMD, and others.

She is also the creator of the Inner Change Method™, a hypnosis-based system that helps her clients transform their identity to become the person they aspire to be.

EDUCATION & CERTIFICATES

- ✓ Master of Arts in Educational Science
- ✓ Bachelor of Arts in Social Psychology
- ✓ Certified and Licensed Personal Fitness Trainer
- ✓ Certified Hypnotist
- ✓ Certified NLP Practitioner

FEATURED IN

SHAPE

WebMD
health services

H
THE
HUFFINGTON
POST



tiny buddha
simple wisdom for complex lives.

SIGNATURE TOPICS

- ✓ Overcoming fear, self-doubt, and imposter syndrome
- ✓ Using self-hypnosis to reprogram limiting beliefs and unuseful habits
- ✓ Understanding and leveraging the subconscious mind for more success
- ✓ Identifying and breaking through subconscious success blocks
- ✓ Building unshakable confidence in leadership and business
- ✓ Developing a high-performance mindset for career and business growth
- ✓ Eliminating self-sabotage and stepping into your full potential
- ✓ Managing stress and anxiety

Connect with Jen!



POSSIBLE INTERVIEW TOPICS

Jennifer is available to speak on a wide range of topics related to hypnosis, personal development, and mental wellness. Here are a few examples of topics that might resonate with your audience:

- ✓ How to Rewire Your Mind For Success
- ✓ Using The Power of Your Subconscious Mind for More Health And Happiness
- ✓ How to Use Hypnosis to Change The Trajectory of Your Life And Business
- ✓ How to Overcome Fears, Insecurities, and Low Self-Esteem
- ✓ How to Change Your Identity to Achieve Lasting Habit And Behavior Change

PAST MEDIA FEATURES

For a list of past media coverage, please visit: <https://www.jenniferfiddler.com/media>

TARGET AUDIENCE

Those who are interested in personal development

Aspiring, new, and seasoned entrepreneurs who are struggling with insecurities and fears

People who want to feel more empowered, confident, and fulfilled

SPEAKING AND INTERVIEW STYLE

Jennifer brings an approachable yet professional energy to every media appearance. When the format permits, she enjoys engaging the audience by offering short exercises that demonstrate the power of the subconscious mind and how to harness it.

Whether discussing the principles and background of concepts or sharing practical tips on overcoming fears, insecurities, and personal challenges, Jennifer is skilled at simplifying complex topics and providing actionable takeaways for the audience.

WHAT YOU WILL GAIN FROM HAVING JENNIFER ON YOUR SHOW

- ✓ A Fresh Perspective on The Power of The Mind
- ✓ Insights About The Emergence of Habits, Beliefs, and Other Subconscious Patterns
- ✓ Actionable Tips For Overcoming Fears, Anxieties, And Insecurities
- ✓ Engaging Demonstrations of How The Subconscious Mind Works
- ✓ An Inspiring Discussion About How Hypnosis Can Unlock Untapped Potential in Both Personal And Professional Life

HEADSHOTS

You can find approved, downloadable headshots [here](#)



Let's collaborate and bring valuable insights about the power of the mind, personal transformation, and mental wellness to your audience! I look forward to connecting with you.

Jennifer Fiddler