

# Jennifer Fiddler

Social Psychologist, Hypnotist, and Speaker

Jennifer is a social psychologist, hypnotist, and speaker with a background in the health and wellness field and nearly two decades of experience as a coach.

Through one-on-one hypnosis-based coaching sessions, seminars, workshops, and speaking engagements, she helps clients overcome their fears, doubts, and insecurities, allowing them to get unstuck and 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 identities to become the person they aspire to be.

## PODCAST GUEST APPEARANCES

Please click [HERE](#) for a list of past podcast and media appearances

## HEADSHOTS

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



## SUGGESTED TOPICS

- ✓ Overcoming fear, self-doubt, and imposter syndrome
- ✓ Reprogramming limiting beliefs and unuseful habits for more health and happiness
- ✓ 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

Get in Touch!



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