

THE POWER OF YOUR MIND: Showing Students How To Gain Control Over Their Minds For Improved Mental Health, More Confidence, And Success



After spending much of her youth feeling lost and struggling with panic attacks and anxiety, Jennifer learned how to use the power of her mind to create her reality. She immigrated to the U.S. with only two suitcases and went on to build two successful businesses. With nearly 20 years of experience, she delivers interactive, research-backed talks that show students what's possible when they believe in themselves, equipping them with the confidence, resilience, and mindset to succeed.

"The training was amazing! Jennifer led it with incredible knowledge and experience." - Monica Arroyo, Clinical Director Family Therapy Group of Weston

THE LEARNING OUTCOMES OF THE POWER OF YOUR MIND

- Understanding the difference between the conscious and the subconscious mind, how behavior and thought patterns are being created, and how they influence our reality
- Learning how to re-direct our focus by utilizing powerful language patterns and questions
- Experiencing the power of the mind-body-connection and using it to instantly shift our emotions

EDUCATION & CERTIFICATES

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

SPEAKER REEL

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FEATURED IN



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