

JANE TORNATORE

PhD, LMFT

Dr. Jane Tornatore helps people break free from self-doubt, perfectionism, and people-pleasing to build confidence and set boundaries without guilt. With 20+ years as a coach, therapist, and author, she blends neuroscience, self-compassion, and humor to empower others to embrace self-acceptance, reclaim their energy, and live with more ease and joy. Her book, *Everything is Perfect, Just Not Me!*, offers a roadmap to self-acceptance and lasting change.



SIGNATURE TOPICS

- **THE POWER OF NO: HOW SAYING LESS GIVES YOU MORE.**

Learn why saying no is a superpower that strengthens your well-being and relationships.

- **POWERFUL PRACTICES FOR YOUR INNER PERFECTIONIST**

The audience will leave with specific tools that actually work to change their brain to increase self-acceptance and kindness.

- **UNDERSTAND HOW YOUR BRAIN'S NEGATIVITY BIAS SHAPES YOUR THOUGHTS — AND HOW TO SHIFT IT.**

Learn simple brain hacks to change negative thoughts into more helpful, positive ones.

TESTIMONIALS

“ I enjoyed Dr Jane’s approach and humor, and gained tools I can use in my daily life; work, personal, family and friends.

“ Dr. Jane’s presentations are interactive, well-organized and delivered with enthusiasm. You can count on her to meet expectations. I highly recommend her.

LET’S WORK TOGETHER



[DrJaneTornatore](#)



[drjanetornatore](#)



Jane@DoctorTornatore.com



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