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 selfacceptance, 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.



• 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 selfacceptance 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.



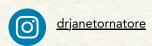
TESTIMONIALS

66 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, enthusiasm. You can count on her to meet expectations. I highly recommend

LET'S WORK TOGETHER









AS SEEN IN









