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.

SIGNATURE TOPICS

• RESET AND RECONNECT: TOOLS FOR THRIVING UNDER UNCERTAINTY

Practices to foster our senses of safe, care, connection in times of uncertainty

• 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.

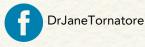
Learn simple brain hacks to change negative thoughts into more helpful, positive ones.

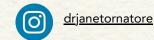
TESTIMONIALS

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

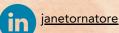
Dr. Jane's presentations are interactive, well-organized and delivered with enthusiasm. You can count on her to meet expectations. I highly recommend

LET'S WORK TOGETHER





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