



Suzi Jenner

www.CoachingwithSuzi.com

Helping women 40+ become naturally calm and in control around food - without diets, restriction or willpower.



Weight Freedom Coach | Clinical Hypnotherapist | NLP Practitioner

SIGNATURE TALK

Why Willpower Is the Wrong Tool for Women 40+ — And What Actually Works

Available as a 20, 35 or 45-minute presentation | Q&A option available

ABOUT THE TALK

Smart, capable women who manage careers, families and everything in between often hit one wall they can't seem to scale: food and their body. They've tried harder. They've tried everything. And they quietly wonder if they're the problem.

This talk reveals why willpower was never the right tool - and what actually creates lasting change. Warm, practical and full of 'oh, that's why' moments, it leaves every woman in the room feeling seen, not shamed - and clearer about what's possible for her.

PERFECT FOR:

- ✓ Women's networking and business groups
- ✓ Health and wellness retreats
- ✓ Workplace wellbeing programs
- ✓ Menopause and midlife events
- ✓ Podcast interviews

INTERVIEW TOPICS + QUESTIONS

Why willpower works against women

"Why do you say willpower is actually the wrong tool?"

The identity secret

"What does identity have to do with weight loss?"

What's really happening beneath the surface

"What's going on when a woman can't stick to healthy eating?"

The woman who's tried everything

"What do you say to the woman who feels like she's failed?"

The GLP-1 question

"What happens to women mentally when the medication stops?"

CREDENTIALS

Certified Hypnotherapist - Results with NLP (2017)
Certified Life Coach - Robbins-Madanis (2013)
NLP Practitioner - Quantum Change Seminars (2011)

SOCIALS

FACEBOOK <https://www.facebook.com/jennersuzi>
LINKED IN <https://www.linkedin.com/in/suzijenner/>
INSTAGRAM <https://www.instagram.com/jenner.suzi/>

PUBLISHED WORKS:



The Balanced Mind Diet

Ditch the Fad Diets and Make Mental Shifts for a Healthier, Happier You after 40

The GLP-1 Exit

How to Come Off Without Gaining It All Back

