



# PRESS PACK

Marisa Peer is creator of the multi-award-winning Rapid Transformational Therapy®, founder of [iamenough.com](http://iamenough.com), international best-selling author, motivational speaker, personal development expert and leading celebrity therapist.



# ABOUT



There are few speakers today that have the wide experience and stellar reputation of Marisa Peer. Named 'Britain's Best Therapist' by Men's Health magazine, Marisa has spent over three decades treating a client list that includes international superstars, CEOs, Royalty, and Olympic athletes. Her engaging and amusing talks are peppered with anecdotes from an unparalleled career in which she has helped thousands of people to overcome profound personal issues. She has been voted best speaker twice at Awesomeness Fest and numerous conferences including The Mastermind Group London, the Women in Business Superconference, and the Royal Society of Medicine. It is easy to see how people leave Marisa's live talks feeling completely and permanently transformed.

Marisa has been a regular contributor to publications including; The Daily Mail, Red Magazine, Elle Magazine, Marie Claire Magazine, Closer, Men's Fitness, Sunday People, The Best You, and numerous others. Marisa is listed in Tatler's guide to 'Britain's 250 Best Doctors' – this guide lists the experts and pioneers in their field. She has been described as a "great British pioneer" by Men's Health magazine, and she is the only woman featured in an article on 'The Best of British'.

In addition to being a national magazine columnist, she has appeared on major media outlets and television shows including NBC's Today Show, GMTV, Lorraine Kelly, This Morning, Sky News, ITV News, BBC News, Channel 4 News, BBC Radio, Supersize vs. Superskinny, Celebrity Fit Club, Celebrity Big Brother, and I'm a Celebrity...Get Me Out of Here! She has appeared on countless television programs and news channels across the globe. She has appeared on the Lewis Howes Show, Tom Bilyeu's Impact Theory show, the Maria Shriver Show, and on Tony Gonzalez' podcast.

# ABOUT



Training early in her career as a child psychologist, Marisa later earned further qualifications from the Hypnosis Training Institute of Los Angeles and the Pritikin Longevity Centre. In 2015, Marisa Peer founded Rapid Transformational Therapy®, an exciting and award-winning training method that is solution-oriented, fast, and highly effective. Having spent over thirty years developing her technique, which is renowned as life-changing and dynamic and spoken of in superlatives, Marisa has trained over 5,000 RTT® therapists around the world. Within two years of its launch, Rapid Transformational Therapy® won eleven awards in just six months because of its effectiveness and its revolutionary transformational techniques. She trains RTT® therapists in London, Los Angeles, and Australia every year.

A best-selling author of five books, Marisa's USP is that she teaches "simple steps that produce dramatic and life-changing results." She seamlessly brings her one-of-a-kind therapy room techniques to the podium, leaving her audiences both transfixed and transformed. Her acclaimed 'Mastermind Your Life' series focuses on the thought patterns and mental habits that can be detrimental or beneficial to our success, depending on how we use them. When she reveals her fundamental rule – that all our emotional and personal problems come from us believing that we're not 'enough' – and explains how to overcome it, the results are tremendous and dramatic. Her latest best-selling and powerfully worded book, 'I Am Enough', enables the reader to achieve powerful and recognizable results rapidly and permanently.

**As seen on**



**marie claire**

**Men's Fitness**

**TATLER**



**theguardian**

# THE AUTHOR

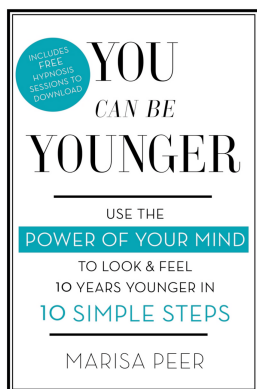


Marisa has been a regular contributor for publications including; The Sunday Times, Daily Mail, Red Magazine, Elle Magazine, Marie Claire, Cosmopolitan, Closer, Men's Fitness, Sunday People, The Best You, and many others.



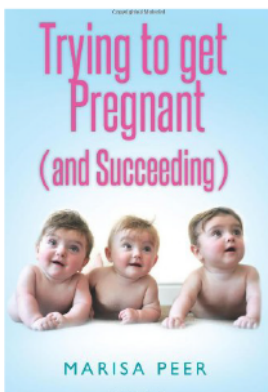
## **I Am Enough – Mark your mirror and change your life (2018)**

Marisa teaches that there are three words that can change your life. When you know that you are enough everyone around you will know that you are enough too. Your life will be so different and so much better when you can resonate your enoughness at a level that positively impacts your career, your relationships and your happiness levels.



## **You Can Be Younger (2014)**

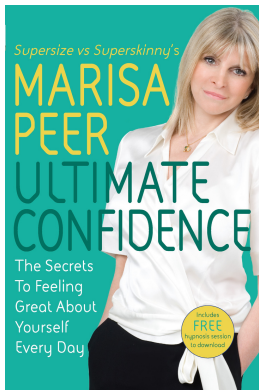
The way we look and feel has very little to do with our chronological age: positive thinking and changing your belief system are the most important factors in staying young. In this exciting new book, Marisa Peer explains how you can arrest the ageing process by harnessing the power of your subconscious mind.



## **Trying To Get Pregnant (2012)**

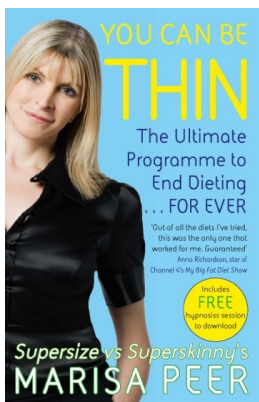
Marisa's tried and tested programme is a natural way to increase your fertility. In 'Trying to Get Pregnant (and Succeeding)', Marisa gives you the tools to get pregnant quickly and easily in a programme that is effortless and rewarding.

# THE AUTHOR



## Ultimate Confidence (2009)

With Marisa Peer's proven programme you can permanently improve every area of your life by building your self-esteem and self-confidence. Her powerful hypnotic language and effective techniques free you from self-destructive thoughts and patterns, so you can live a confident, motivated, happier and more fulfilled life.



## You Can Be Thin (2008)

Marisa Peer introduces her revolutionary method of reprogramming the mind to alter feelings and associations related to food, to enable everybody to have a healthy relationship with eating and, as a result, have a healthy body at a sustained ideal weight.

# THE SPEAKER



When you are ready for your audience to experience real, lasting change in their lives that translates into real change in your organisation or business, book Marisa Peer for your next event.

A funny and engaging speaker, Marisa's keynotes and workshops will not only leave your audience inspired, they will walk away transformed.

Marisa is an expert in human behaviour, corporate leadership, interpersonal relationships, salesforce empowerment, weight-loss, healthy ageing and building confidence and courage.

92%

of Ernst & Young's audience would likely use ideas, tips or tools from Marisa going forward.

90%

of Ernst & Young's audience thought the content of Marisa's speeches were relevant to them.

100%

100% of Ernst & Young's audience would recommend Marisa's speeches to a colleague.

# WORKSHOPS & SEMINARS



## **How to be a Natural Leader**

This course shows you the intuitive skills that natural leaders have and it teaches you how to understand what they are, how to develop them and how to use them just as a natural leader would. Natural leaders empower others in meaningful, quantifiable ways. They recognise the needs of everyone in their team and communicate the big picture in a manner that ensures each employee sees how the role he/she plays makes a contribution to the final result. Natural leaders have the same five habits that extraordinarily successful people have and they are visionaries. Marisa will show you exactly what natural leaders do and the behaviours that you can implement to become a natural leader and to recognise and nurture other natural leaders.

## **The Five Habits of Incredibly Successful People**

First you make your habits and then your habits make you. Some people seem to have success in every area of their life. Professionally, personally and emotionally. They may have had multiple, different businesses but everything that they are involved with is successful. Having been a top therapist for many years with clients ranging from superstars to Olympic athletes to leading CEOs, Marisa was fortunate enough to discover and then to research what it was that her most successful clients had in common. She then compiled this knowledge into five habits that extraordinarily successful people all share. Marisa teaches corporations and start-ups that once you recognise and adapt these five habits into your life, you simply cannot fail to be successful. Audiences are surprised at how easy and straightforward some of these habits and techniques are.

# WORKSHOPS & SEMINARS



## How to Run Your Brain for Phenomenal Success

Collaboration is vital to success in the business world and during this course Marisa shows you that the most important collaboration skill you need is the ability to collaborate with yourself. We are led to believe that the mind is very complicated and takes hard work and effort to both understand and change. In fact you only need to know four things about your mind in order to have it do whatever you want and to give you the success and happiness you desire. By ensuring that the dialogue between you and your mind is accurate and precise you are able to get what you want from life. Marisa teaches you these four mental habits in a way that absolutely makes sense and can be put into practice instantly.



# UK's BEST THERAPIST



**Paula MacArthur**  
**The Mastermind Agency**



**Javier Elkin**  
**TEDx Goodenough College**



**Jenny Latham**  
**Market Growth Insight Team Ernst & Young**

"I can honestly say that Marisa had my very demanding and clever audience totally engaged and fascinated throughout her presentation, but more importantly, they have reported back to me quite astonishing positive results since implementing some of the strategies that Marisa suggested, from shifts in their own self esteem to major breakthroughs with their children."

"Marisa's talk was the most talked about at the TEDx event. The audience loved it and couldn't get enough. It's no wonder when we uploaded her talk to YouTube she received the highest views of all the speakers of the night. Her topic was unique and deliverance flawless, very professional and pleasant to work with."

"Marisa delivered two talks for us in consecutive months and both drew in the crowds people are still talking about it! She was one of our most popular talks of the year with so many great and amusing examples to draw upon and a really engaging way of telling stories. Marisa was a professional and a natural speaker we wouldn't hesitate to book her again for future sessions."

# UK's BEST THERAPIST



**Jacqueline Frost**  
**Managing Director,**  
**Women in Business**

"The feedback we got from Marisa was fantastic. A large percentage of our audience referred to Marisa's speech as the highlight of what they took away from the day."



**John Richardson**  
**Speaker at The Coffee**  
**Boys**

"Marisa is a truly exceptional speaker and writer. I've endlessly analysed speakers and writers over the last ten years and Marisa has the best ability I've ever seen to hold an audience spellbound as she shifts seamlessly from story to practical tools."



**June Sarpong**  
**MBE, Women:**  
**Inspiration & Enterprise**

"Marisa Peer is a phenomenal speaker, she has a unique ability to simplify the complex teachings of how the brain works so that the audience immediately understand. It was an honour to have her speak at the New York and London Festival for WIE (Women: Inspiration & Enterprise)."

# PRODUCTS & TRAINING



## **Marisa Peer Hypnotherapy Audio Products:**

Available at [www.marisapeer.com](http://www.marisapeer.com).



## **Rapid Transformational Therapy Training:**

[www.rapidtransformationaltherapy.com](http://www.rapidtransformationaltherapy.com)



## **'I Am Enough' Program:**

[www.iamenough.com](http://www.iamenough.com)



# EVENTS



Lisa Bilyeu - September 2020  
Evening Standard, July 2020  
Jack Canfield, June 2020  
London Business School, Keynote Speech, May 2020  
Lewis Howes, School of Greatness - April 2020  
Lisa Bilyeu, Women of Impact Podcast - April 2020  
Get Well Show, London - February 2020  
Audience with Marisa, Melbourne - December 2019  
Rosa Acosta's Podcast - October 2019  
Audience with Marisa, LA - October 2019  
Audience with Marisa, London - October 2019  
The Conscious-ish Show, October 2019  
London Real's Transform Yourself Summit, Oct 2019  
The Today Show on NBC, April 2019  
Lewis Howes' Summit of Greatness, September 2019  
Tom Bilyeu Podcast, September 2019  
Tony Gonzalez Podcast, September 2019  
Dov Baron Podcast, May 2019  
Maria Shriver's Podcast, May 2019  
A-Fest Portugal, May 2019  
Mindvalley Reunion, March 2019  
La La Land, 2019  
MVU LA Reunion, 2019  
The Best You Expo, 2019  
A Bug Free Mastermind, 2019  
Xsail - Greece, 2019  
YPO - India, 2019  
Mastermind Barcelona 2018, Budapest 2017  
A-FEST, Ibiza & Jamaica 2017  
INSPIRE Conference 2014  
Address, Royal Society of Medicine 2016

A-FEST, Mexico & Mykonos 2016  
A-FEST, Croatia & Cosa Rica 2015  
Big U Academy, Slovenia 2015  
Summit, Utah 2015  
The Business Excellence Forum & Awards, Portugal 2015  
Condé Nast Editorial Conference, 2015  
Mastermind Agency, 2014  
Ernst and Young, May 2014, June 2014  
TEDx Kings College London, 2014  
TEDx Goodenough College, 2014  
Be:Fit Annual Event, 2014  
Mind Body Spirit Festival, 2014  
Supergrowth Conference, 2014  
The Yes Group Speaker Series, 2013  
Women in Business: Superconference, 2013  
The Mastermind Agency, 2013  
Women in Banking and Finance, 2013  
We Are Like Minds, 2013  
Bauer Media Sales Team, 2012  
Government Spokesperson for Campaign Against Food Waste, 2011  
Hachette Publishing, 2010  
Cambridge Colleges Commencement Speaker, 2009-2010  
Women in Business Conference at Queen Elizabeth Hall, 2009  
St Mary's College of Ascot, Commencement Speaker, 2008-2009  
Academy of Chief Executives, 2008  
Edinburgh Festival (TV Portion) on Women's Role in the Media, 2008

# RAPID TRANSFORMATIONAL THERAPY



Marisa Peer's exciting and award-winning training method will teach you how to become an outstanding and successful hypnotherapist, psychotherapist, coach and counsellor.

Rapid Transformational Therapy (RTT) is a solution-orientated therapy that is both fast and highly effective.

It is different from conventional therapy, which focuses on how the client feels over long, drawn-out sessions, because it gets to the root of the problem and solves it within one to three sessions.

Marisa's course is different because she sees therapy in a new way. Having spent over thirty years developing her technique, which is renowned as life-changing and dynamic and spoken of in superlatives, Marisa believes that many courses do not match the fast world we live in. People want quick results and 'RTT' enables clients to overcome their issues within a minimal number of sessions, rather than over a course of ten or more appointments, which amounts to more than 30 hours of their free time.

Marisa believes in offering her clients a fast and effective solution and the course will teach you to do the same. With Marisa's guidance you will become a therapist who is in high demand because you are known for your efficiency and swift results.

Within two years of it being launched, Rapid Transformational Therapy won 11 awards in just six months because of its effectiveness and its revolutionary transformational techniques. There are now RTT therapists all over the world getting the same results for their clients as Marisa.

# RAPID TRANSFORMATIONAL THERAPY



## Course Topics:

- Basics of hypnotherapy and psychotherapy
- Suggestion therapy
- Advanced hypnotherapy and hypno-healing
- Marisa Peer's Specialized Techniques
- How to build your business

## Schools Locations:

- Los Angeles
- New York
- London
- Sydney
- Vancouver



# I AM ENOUGH



Discover Marisa Peer's 8 Powerful Life Hacks To Unleash Your Unlimited Potential So You Can Excel In Every Area Of Your Life.

Marisa has also created a personal development course for those people not wishing to train in her methods but wanting to improve themselves. Called, 'I Am Enough', it is Marisa's flagship program.

"I don't know how to thank you for the change you've made in my life, I'd give you a piece of my heart or soul, because if it wasn't for you, neither of those would be here." – Tarmi Kaokula

"That little phrase on my mirror, in lipstick, now dusty from not being cleaned, seems to have helped. I just left it there and see it every single day, sometimes wonder what it means...but let me please let you know...just one word comes to mind FREEDOM!" – Gabriele

"Thank you Marisa. You broke me open...into caring about my dear little self. That's a BIGGY!" – Gabriele

"I instantly felt the weight of anxiety and feeling unsafe drop from me as the hypnosis progressed, and I know today marks a new phase in my life." – Renate

"So today he [her 7yr old son] got back from school and started to tell what happened to him. He was in class and they made a holiday journal. While doing that, he was sitting with a group, and one of the kids told him, he should write something offensive and in return for that he would give him money. The others in the group started to cheer that my son had to do it. My son started to write in the journal; I am enough and told the bully to write it himself! I can't tell you how proud and grateful I am!" – Ellen

# LIST OF AWARDS



Voted 'Best Speaker' at various conferences including The Mastermind Group London and the Women in Business Superconference, Awesomeness Fest and The Royal Society of Medicine.

Awarded a Fellowship by the National Council of Psychotherapists in recognition of her contribution to the discipline of hypnotherapy and her transformative approach to the teaching of therapy.

Awarded 'Training Provider of Excellence' by CPD Standards Board 2017.

Named 'Britain's Best Therapist' and also won The Stevie awards 'Woman of the Year', 'Entrepreneur of the Year' and the 'Lifetime Achievement Award'.

Her company, I Am Enough LLC, was awarded The Stevie Gold award in the Health & Pharmaceuticals Service category.

Winner of the 2018 People's Choice Stevie Awards for Favorite New Products in Healthcare/Pharmaceutical Products & Services – Rapid Transformational Therapy

2018 International Stevie Gold Awards – Woman of the Year , Entrepreneur of the Year – Health Products & Services | Stevie Silver Award – Lifetime Achievement Award – Consumer Services Industries.

Venus Awards 2018 Influential Woman category finalist.

Winner of the 2018 International Day of the Girl Child Inspiration Award – won specifically for her work in inspiring confidence in women and girls through the #markyourmirror and 'I Am Enough' movement.



MARISA PEER

[www.marisapeer.com](http://www.marisapeer.com)



RAPID  
TRANSFORMATIONAL  
THERAPY

[www.rapidtransformationaltherapy.com](http://www.rapidtransformationaltherapy.com)



I AM ENOUGH  
By Marisa Peer

[www.iamenough.com](http://www.iamenough.com)



[twitter.com/MarisaPeer](https://twitter.com/MarisaPeer)



[@marisapeertherapy](https://www.instagram.com/marisapeertherapy)



[linkedin.com/in/marisa-peer/](https://www.linkedin.com/in/marisa-peer/)



[facebook.com/marisa.peer.therapy/](https://www.facebook.com/marisa.peer.therapy/)