



PRESS PACK

GLOBALLY ACCLAIMED THERAPIST PROFESSIONAL DEVELOPMENT EXPERT
BEST-SELLING AUTHOR AWARD-WINNING SPEAKER

Marisa Peer

Marisa Peer

welcome

ABOUT MARISA

WORLD-RENOWNED THERAPIST

World-renowned therapist and best-selling author Marisa Peer, is one of the most recognized names in the wellbeing industry. Over her thirty-year career, she has worked with a client list that includes international superstars, CEOs, and Olympic athletes, using her unique approach - Rapid Transformational Therapy® (RTT®).

After seeing huge success in her private practice and transforming the lives of thousands of clients, in 2015, Marisa established the RTT® School and has helped to train over 17,000¹ therapists, coaches and practitioners globally.

A sought-after public speaker, Marisa has spoken on stages across the world at a number of major events, including Mindvalley Live, the World Government Summit, Greater Festival, The Royal Society of Medicine, and A-Fest - and has delivered a number of highly successful TEDx talks.

She regularly contributes as an expert spokesperson across global media platforms, including The Guardian, Marie Claire, Newsweek, NBC's Today Show, Sky News, Supersize vs. Superskinny, Celebrity Fit Club, I'm a Celebrity...Get Me Out of Here and The Housewives of Dubai. She has also appeared as a guest on several top-rated podcasts, including Stephen Bartlett's *Diary of a CEO* and Laura Clery's *Idiot* podcast.



In 2021, she created The 5-Day Challenge, a free resource aimed at 6 - 11-year-olds to help them build self-confidence and resilience. Developed in conjunction with teachers, the Challenge has been accessed by thousands of schools globally and has been recognized within the education industry as a powerful well-being tool. The concept is now being developed into a year-long program.

2022 saw the publication of her sixth best-selling book - *Tell Yourself A Better Lie* - and she also launched *Dietless Life*, her unique weight management program. Not only is it designed to enable people to lose weight and keep it off for a lifetime, but to also

¹ Students and graduates as at June 2024

quick facts

ABOUT MARISA

WORLD-RENOWNED THERAPIST

Over 2.4M followers/subscribers
across all social media channels

750 K

YOUTUBE
SUBSCRIBERS

98 M

YOUTUBE
VIEWS

705 K

INSTAGRAM
FOLLOWERS

447 K

FACEBOOK
FOLLOWERS

4 top 10

AMAZON BEST-
SELLING BOOKS IN
THE UK AND US

17 K

THERAPISTS
IN 18 COUNTRIES

TRAINED IN RAPID
TRANSFORMATIONAL
THERAPY AGED 18-80¹



AWARDED THE MENTAL AND EMOTIONAL
HEALTH PROVIDER OF 2022 BY UK HEALTH RADIO

¹ Current Students and Graduates
As of June 2024



WHAT PEOPLE ARE SAYING ABOUT MARISA



VISHEN LAKHIANI,
CO-FOUNDER AND CEO OF MINDVALLEY

Marisa is an extraordinary individual who has helped people with problems have profound breakthroughs in personal growth very quickly. She is one of the most powerful transformers of human belief I have ever come across. In just four months, I doubled my income. My business began to grow too. Not only had my beliefs held me back but they had also been holding back my business.



JAVIER ELKIN,
TEDX GOODENOUGH COLLEGE

Marisa's talk was the most talked about at the TEDx event. The audience loved it and couldn't get enough.



PAULA MACARTHUR,
THE MASTERMIND AGENCY

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.



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.

Marisa Peer

WORDS FROM MARISA

FROM NOT FEELING ENOUGH TO MORE THAN ENOUGH – HOW IT ALL BEGAN...

As the middle child in a seemingly privileged family, I often felt overlooked and extremely alone as my parents were always preoccupied; my father was a distinguished headmaster with his focus on other children, and my mother was always ill. This left me with a feeling of not “enoughness”; I never felt attractive, smart, or good enough for many years to come.

I then went through what seemed like an endless series of rejections in my life – being told I couldn’t have children at the age of 20, developing an eating disorder, having my first manuscript rejected, and dealing with health challenges – the feelings of sadness, not-enoughness, and failure grew.

The turning point came when I moved to LA, aged 25, to work at Jane Fonda’s Fitness Centre. I was a personal trainer and surrounded by successful women who seemed to have it all. However, the more these women came to my classes, the more I noticed they struggled with eating disorders, low self-esteem, and imposter syndrome. No matter what they did or what they achieved, they never believed they were good enough.

I could see there was absolutely nothing wrong with these women—which is when I really began to understand what limiting self-judgment does to us and what it had done to me. That’s when I switched my thinking. I stopped telling myself the lie that I wasn’t enough. Instead, I repeated, “I am enough,” every single day until I came to believe it wholeheartedly.



MY MISSION

To spread the message that there are simple, rapid, and effective techniques everyone can use to break free of the ties of past experiences, learn to love themselves again, and feel enough.

From that moment on, I made it my mission to help people like these women and myself believe that they ARE enough.

I knew I needed a change in direction, so I studied for an advanced certification in Hypnotherapy at the Hypnotism Training Institute of Los Angeles with the legendary Gil Boyne, who was a huge leader in the field, followed by further training in hypno-healing, advanced hypnotherapy, medical hypnotherapy, Gestalt Analysis, and anti-aging, health and long-term wellness techniques.

I then spent three decades researching, testing, and applying the most beneficial principles of Hypnotherapy, Psychotherapy, NLP, CBT, and Neuroscience to develop my very own groundbreaking Rapid Transformational Therapy® method.

Marisa Peer



inspirational storytelling SPEAKING ON THE GLOBAL STAGE

With her superpower of exhilarating live audiences, Marisa is a highly sought-after public speaker with a reputation for delivering unforgettable talks that leave audiences across the world feeling inspired, renewed, and shifted at a core level.

An enigmatic story-teller, it is easy to see how people are captivated by her presentation and ability to transfix, inspire, and hypnotize entire live audiences on the spot with her engaging and amusing anecdotes from an unparalleled career in which she has helped millions of people to overcome profound personal issues permanently.

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, Marisa's USP is that she teaches simple steps that can produce dramatic, life-changing results.

Marisa is an expert in human behavior, and covers a range of topics, including corporate leadership, interpersonal relationships, salesforce empowerment, weight loss, healthy aging and building confidence, courage, and more.

Her TEDx talks around training your mind to get everything you want from life have attracted over 4M views on YouTube alone.

Marisa Peer

Marisa's key workshop programs include:

How To Be A Natural Leader

Natural leaders empower others in meaningful, quantifiable ways - they recognize 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.

They also have the same five habits that extraordinarily successful people do, and Marisa shares these behaviors so that you can implement them to become a natural leader and recognize and nurture others to do the same.

The Five Habits Of Incredibly Successful People

Some people seem to have success in every area of their lives - professionally, personally, and emotionally. Having been a top therapist for many years with clients ranging from superstars to Olympic athletes and leading CEOs, Marisa has been fortunate to discover what it was that her most successful clients had in common.

In this workshop, she shares the five habits of extraordinarily successful people and shows you that the most important collaboration skill you will ever need, is the ability to collaborate with your own mind - in the most effective way.

How To Be The Ceo Of Your Own Mind And Mastermind Your Life

Many of us mistakenly believe that we can't have it all; an amazing career, beautiful relationships, good health, incredible wealth, and unshakable confidence. We believe that it all requires hard work.

Yet the truth is, you really can have it all, almost all of the time, and absolutely nothing has to give. You just need the right guidance, tools, and support to unlock your full potential, become your own mind's CEO and realize your dream life.

This session offers profound transformation and deep healing to restore balance, gain clarity and propel you toward success in every aspect of your life.

Marisa Peer

SPEAKING ON THE GLOBAL STAGE

Workshops and seminars

Marisa is an expert in all things personal and professional development and regularly delivers workshops and seminars to organisations across the world - from FTSE 500 companies to international charities. She talks on everything from health and well-being to leadership and performance.

01

02

03

lifelong change

CORE PROGRAMS



RAPID TRANSFORMATIONAL THERAPY® (RTT®)

Marisa's groundbreaking RTT draws upon aspects of Gestalt, Solution Focused, and Cognitive Behavioural Therapy and Neuroplasticity alongside techniques such as hypnotherapy and mindfulness - to provide people with the tools for lifelong change.

Its personalized approach works with clients to help them reframe any negative beliefs, values, habits, and emotions - many of which have been carried since childhood

and have been so deeply buried in their subconscious that they are unaware of the past issues affecting them.

By giving the client this understanding, it gives them the power to create change and transform their lives. Each client is given a personal rewiring recording to help them code in changes so they become permanent.

Marisa Peer

lifelong change CORE PROGRAMS



I AM ENOUGH

After 30 years of working with clients on a range of issues - from smoking and excessive drinking to compulsive shopping, fears, phobias, and depression, Marisa identified that the root cause of many of the problems people face stems from the need to fill their inner emptiness and from the common denominator of not feeling "enough".

In 2013 she began the I Am Enough movement which works to boost inner confidence and help people to improve their relationships, career, health, and self-esteem

while eliminating blocks to creating wealth and abundance. The program focuses on the simple mantra I Am Enough - a statement of truth that you state, affirm, embed, and embody every day so you can appreciate yourself, rebuild your self-esteem and confidence - and be free from the soul-destroying habit of comparing yourself to others.

It has become a global phenomenon - with individuals, schools, and businesses around the world marking their mirrors with the affirmation.

Marisa Peer

lifelong change
CORE PROGRAMS



DIETLESS LIFE

Dismayed by the hundreds of clients she has worked with whose lives have been governed by weight issues, Marisa created Dietless Life combining the techniques she has developed over her thirty-year career working in this area.

Dietless Life uses hypnosis to get to the root cause of addictive, emotional, or destructive eating habits and helps people to reframe their old ways of thinking and behaving -

giving them the understanding and power to change their relationship with food and their bodies permanently.

The 8-week program includes coaching and classes with Marisa, workbook exercises, meditations, hypnotic audios, Q&A sessions, and mind hacks for long-term results free from faddy diets, self-hatred, and punishing exercise regimes.

Marisa Peer

lifelong change CORE PROGRAMS



5-DAY CHALLENGE I CAN'T TO I CAN

Aimed at 6 - 11-year-olds and developed in conjunction with teachers, this free resource helps young people build self-confidence and boost resilience at a time when childhood anxiety is on the rise.

The program teaches children simple mind hacks to help them understand how to master their own feelings, and instead of listening to their inner critic telling them they can't, they learn to call on their inner

cheerleader who will inform them that they can.

The 5-Day Challenge has been accessed by thousands of schools globally, is recognized within the education industry as a powerful well-being tool, and in 2022 was a semi-finalist at the Education Resources Award in the UK. The concept is now being developed into a year-long program.

lifelong change CORE PROGRAMS



GROW AND TRANSFORM

Deep dive into personal transformation with the Grow and Transform membership community.

Designed to help you unlock your full potential, this program offers guidance from Marisa Peer and world-class experts in various fields of personal development.

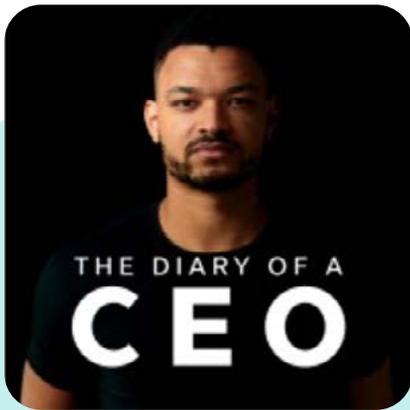
Whether you're looking to build confidence, enhance your wellness, achieve financial freedom, or cultivate fulfilling relationships, our comprehensive resources will support your growth.

The program focuses on boosting confidence and self-esteem by overcoming limiting beliefs, understanding the mind-body connection for better health and wellness, developing a prosperity mindset for wealth and abundance, and fostering self-love to improve relationships.

Enjoy monthly live virtual experiences with experts, access an extensive content library with over 80 hypnosis videos, receive custom-curated daily and weekly content tailored to your needs, and join a supportive community of like-minded individuals.

Marisa Peer

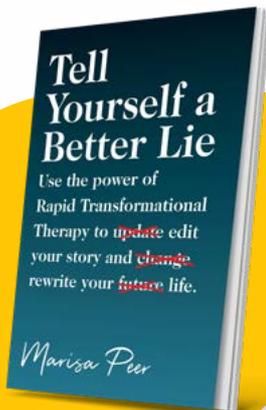
KEY INTERVIEWS/ PRESENTATIONS



The image is the TEDx logo, featuring the word 'TEDx' in a bold, red, sans-serif font.

empowering reads

BOOKS BY MARISA



Tell Yourself A Better Lie

2022

Our greatest pain often originates from the lies we tell ourselves. In her latest book, Marisa shows you how to edit and update the stories we tell ourselves on a regular basis and shows you how to use her powerful techniques to change your story and completely rewrite your future.



I Am Enough - Mark Your Mirror And Change Your Life

2021

Retrain your mind to realize your full potential, leading you to a happy and fulfilling life of enoughness.



You Can Be Thin - The Ultimate Programme To End Dieting Forever

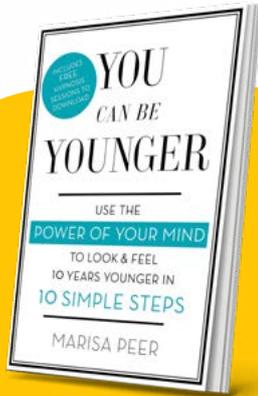
2015

Learn how to reprogram your feelings and beliefs around food to enable you to effortlessly make healthier lifestyle choices and instill better eating habits that last for life.

Marisa Peer

empowering reads

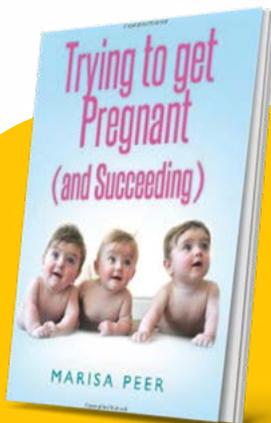
BOOKS BY MARISA



You Can Be Younger: Use The Power Of Your Mind To Look And Feel 10 Years Younger In 10 Simple Steps

2014

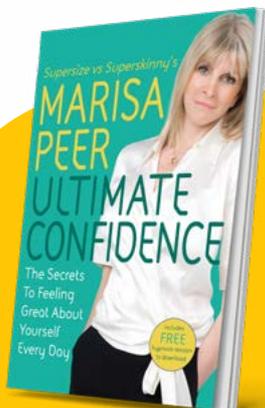
How to slow down the aging process by harnessing the power of your subconscious mind.



Trying To Get Pregnant (And Succeeding)

2012

With easy-to-follow methods, learn how important the role of the mind is in the fertility process so you can enjoy a healthy, happy, full-term pregnancy.



Ultimate Confidence - The Secrets To Feeling Good About Yourself Everyday

2009

Marisa guides you to actively engage with your subconscious mind, to instill unshakable, unwavering confidence in yourself.

Marisa Peer

QUALIFICATIONS



**1984 - Fully Qualified & Certified Hypnotherapist
& Psychotherapist**

Gil Boyne Hypnosis Training Academy, Glendale, California, USA



**1985 - 1986 - Fully Qualified & Certified
Hypnotherapist & Psychotherapist**

Proudfoot School of Hypnosis and Psychotherapy, England, UK

PROFESSIONAL MEMBERSHIPS

01

International Association of Counselors and Therapists (IACT)

02

CPD / Professional Development Consortium

03

Complementary and Natural Healthcare Council (CNHC)

04

General Hypnotherapy Register (GHR)

05

National Guild of Hypnotists

06

**Association of Accredited Counsellors, Coaches,
Psychotherapists, and Hypnotherapists**

AWARDS

Marisa has received a number of awards for her work, including:



UAE Mastermind Awards 2024

Honorary Award for Outstanding Contribution to Wellness Excellence



MIDAS LIST

22 successful women to follow in 2022



2021 BRAINZ CREA GLOBAL AWARDS

In recognition for creative and innovative ideas, adaptability in business, or contributions to sustainability and mental health projects.



USING NEUROPLASTICITY TO REVOLUTIONIZE HEALTH

Gold Stevie® Award (2019)



AMERICAN BUSINESS AWARDS®

'Self-Esteem Mini-Course', Bronze Stevie® Award, Video Categories (2019)



SUPPORT DEPARTMENT OF THE YEAR

'I Am Enough', Bronze Stevie® Award (2019)



BRONZE STEVIE® AWARD

American Business Awards®, 'Free Yourself From The Fear Of Judgement & Start Living Life': Viral Video (2019)



ENTREPRENEUR OF THE YEAR

Health Products & Services: Empowering Everyday People to Partner in their Health, Gold Stevie® Award (2018).

AWARDS CONTINUED

Marisa has received a number of awards for her work, including:



INFLUENTIAL WOMAN

Category finalist for the Venus Awards (2018).



GOLD STEVIE® AWARD

New Product & Service – ‘Rapid Transformational Therapy®’ (2018)



‘RAPID TRANSFORMATIONAL THERAPY®’ METHODOLOGY

Stevie® Award (2018)



INTERNATIONAL BUSINESS AWARDS®

Entrepreneur of the Year – Health Products & Services (2018)



TRAINING PROVIDER OF EXCELLENCE

Lifetime Achievement Award by CPD Standards Board (2017).



PEOPLE’S CHOICE AWARD

‘I Am Enough’: Favorite New Products



LIFETIME ACHIEVEMENT AWARD

Consumer Services Industries, Gold Stevie® Award



WOMAN OF THE YEAR

American Business Awards, Gold Stevie® Award: Empowering Women and Children.

AWARDS CONTINUED

Marisa has received a number of awards for her work, including:



VOTED 'BEST SPEAKER'

At various conferences, including The Mastermind Group London, Women In Business Superconference, Awesomeness Fest, and The Royal Society of Medicine.



WOMAN OF THE YEAR

International Business Awards®, Gold Stevie® Award



INTERNATIONAL DAY OF THE GIRL CHILD INSPIRATION AWARD

Won specifically for Marisa's work for inspiring confidence in women and girls through the '#MarkYourMirror' and 'I Am Enough' movement.



CONTRIBUTION TO THE DISCIPLINE OF HYPNOTHERAPY

Awarded a fellowship for the transformative approach to therapy teaching, National Council of Psychotherapists.

FIND OUT MORE ABOUT MARISA



Marisa would love
to hear from you...

For media enquiries, speaker
opportunities or to request an interview:

media@marisapeer.com

Marisa Peer