



# Marisa Peer

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

Marisa Peer

Marisa Peer

# Welcome

## ABOUT MARISA

**World-renowned therapist, global speaker and best-selling author Marisa Peer, is one of the most recognized names in the wellbeing industry. Over her forty-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 19,000<sup>1</sup> 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, Global Wellness Summit, Alula and Kayan Wellness Festivals, Forbes Medical Tourism and Wellness Summit, Global Citizen 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, DXB TV, Supersize vs. Superskinny, Celebrity Fit Club, I'm a Celebrity...Get Me Out of Here, Dubai Bling 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*, *The Ranveer Show* 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, which has now been developed into a year-long program. 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.

Marisa has published six books, four of which have been Amazon best-sellers in the UK and US, with another launching in April 2026. She has a huge global following, with over 2.7M followers across her social media channels.

<sup>1</sup> Students and Graduates as at January 2026

# Quick Facts About Marisa

Over 2.7M followers/subscribers  
across all social media channels

**819 K**

YOUTUBE  
SUBSCRIBERS

**110 M**

YOUTUBE  
VIEWS

**900 K**

INSTAGRAM  
FOLLOWERS

**468 K**

FACEBOOK  
FOLLOWERS

**4 top 10**

AMAZON BEST-  
SELLING BOOKS IN  
THE UK AND US

**19 K**

PEOPLE TRAINED  
IN 18 COUNTRIES

IN RAPID  
TRANSFORMATIONAL  
THERAPY AGED 18-80<sup>1</sup>



AWARDED THE LIFETIME ACHIEVEMENT  
AWARD AT THE GLOBAL WOMAN AWARDS 2025

<sup>1</sup> Figures correct at January 2026



**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.



**HEMIONE JOYE,**  
GOOGLE

Marisa truly injected incredible positivity and amazing clarity into our session. The team was the most engaged I've seen them all year!



**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.

*What people  
are saying  
about  
Marisa*

*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 of 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, psychotherapy, 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, Quantum Physics 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 5M views on YouTube alone.

*Marisa Peer*

## Workshops and Seminars

### 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

01

## SPEAKING ON THE GLOBAL STAGE

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 about everything from health and well-being to leadership and performance.

Her key workshop programs include:

- Mastering the Mind: Unlocking Success in Every Area of Your Life
- Unstoppable Confidence: The Power of Mastering Self-Belief
- Rising Strong: How to Thrive and Flourish in Challenging Times
- How to find certainty in an uncertain world

02

03

# Transformational Retreats and Exclusive Events

Marisa is redefining the personal development and wellness space with her exclusive luxury retreats and RTT-inspired events. These immersive experiences offer a rare opportunity to work closely with her, unlocking profound transformation in stunning, high-end locations.

**Luxury Retreats:** Designed for deep personal breakthroughs, Marisa's luxury retreats blend powerful RTT techniques with five-star wellness experiences. Set in breathtaking resorts, these intimate gatherings provide unparalleled access to her expertise, guiding participants to rewire their minds, overcome self-limiting beliefs, and create long-lasting change.

**RTT and Personal Development Events:** Marisa is launching a new program of exclusive RTT-inspired events in 2026, including large-scale evening talks and intimate personal development weekends, which offer premium, high-touch experiences for those seeking deeper, lasting change.

## You Can Have It All - Zabeel Theatre

If there's one thing Marisa has learned in her decades of helping people unlock their potential, it's that the life you want is closer than you think. But often, fear holds us back—fear of failure, rejection, and not being enough.

In February 2025, Marisa hosted her most transformative solo event yet: You Can Have It All at Zabeel Theatre in Dubai.

This wasn't just another seminar—it was a rocket fuel experience designed to help participants:

- Move through the year with unstoppable confidence.
- Release the fears and beliefs that had kept them stuck.
- Unlock abundance, health, love, and success in every area of their lives.
- Discover the exact methods Marisa has used with CEOs, Olympic athletes, and thousands worldwide to help them break free from their limits and create extraordinary lives.

Marisa will be hosting the second of these events in 2026.

Marisa Peer

# Lifelong Change

## CORE PROGRAMS



### RAPID TRANSFORMATIONAL THERAPY® (RTT®)

Marisa's groundbreaking RTT® combines the most effective elements of hypnotherapy, psychotherapy, CBT, neuroplasticity, quantum physics, and neuroscience to create a powerful, fast-acting, and long-lasting therapy.

Many negative beliefs and habits are formed in childhood and continue to impact daily life without people realizing it. RTT works with the subconscious mind to identify the root cause

of these issues, reframe limiting beliefs, and recode the mindset for success.

Clients also receive a personalized audio recording to reinforce these changes. By listening regularly, they strengthen new thought patterns, leading to lasting shifts in mindset and behavior.

[Find out more](#)

Marisa Peer

# Lifelong Change

## CORE PROGRAMS



### I AM ENOUGH

After 40 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 and changing their lives.

[Find out more](#)

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 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.

[Find out more](#)

*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, the 5-Day Challenge 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.

[Find out more](#)

Marisa Peer

# Business Development

## BUSINESS BREAKTHROUGH COMMUNITY (BBC)



The Business Breakthrough Community is a paid membership designed to provide ongoing support, coaching, and resources for practitioners building their businesses.

Members receive monthly coaching calls, workshops, and exclusive access to tools like the Premium Niche Blueprint, helping them implement strategies, refine their offers, and gain clarity on their next steps. The community also acts as a stepping stone to our higher-tier programs such as Client Launchpad (CLP), or to our specialized workshops.

Workshop examples include:

*From story to \$10K months: The post that builds trust and books clients.*

*Sales as service: Building trust through the buyer's journey.*

*Your 90-Day game plan: Turn goals into a clear roadmap.*

*Why you're not charging premium prices (yet): Unlock the confidence to raise your rates.*

Find out more

Marisa Peer

# Business Development

## CLIENT LAUNCHPAD



Client Launchpad is a foundational program for practitioners starting their business or earning under \$2K/month, designed to guide them to their first \$3K+ in revenue.

The program is built around five pillars of success: Energy, Beliefs, Fulfillment, Strategy, and Client Attraction. Students progress through the "From Crickets to High Tickets" journey, including market research, creating and testing a gateway offer, refining through feedback, and confidently selling premium offers.

Two versions are available:

**Coached:** Weekly coaching, Sales Lab, Gateway Workshops, and access to the Launchpad Community and coaching calls.

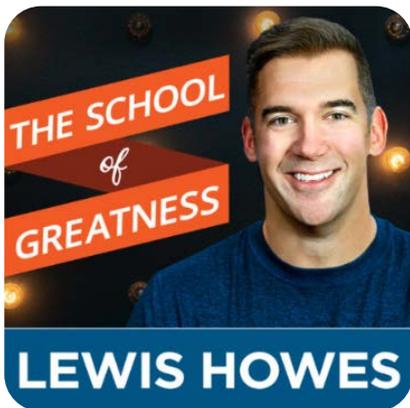
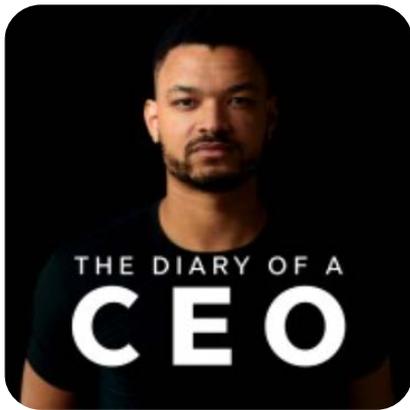
**DIY (Self-Paced):** Access to course content only, no coaching or Sales Lab.

Students can continue support beyond the 90-day program with a subscription, ensuring long-term guidance while building confidence, sales skills, and a sustainable business structure.

[Find out more](#)

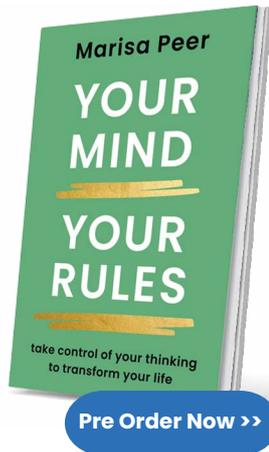
Marisa Peer

# KEY INTERVIEWS/ LIVE TALKS



# Empowering Reads

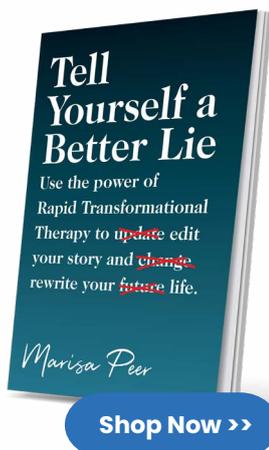
## BOOKS BY MARISA



### Your Mind, Your Rules

2026

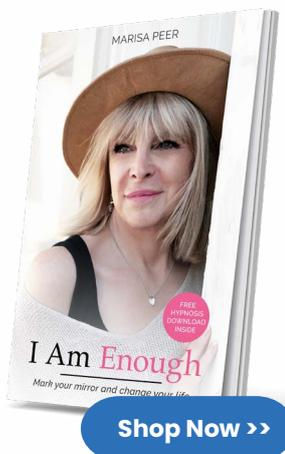
With real world examples from her practice, direct no-nonsense advice and daily habits that can be easily incorporated into your routine, Marisa shares how you can harness the incredible power of your mind to feel happier, calmer and able to create the life you've always wanted – all without spending years in a therapy chair.



### Tell Yourself A Better Lie

2022

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



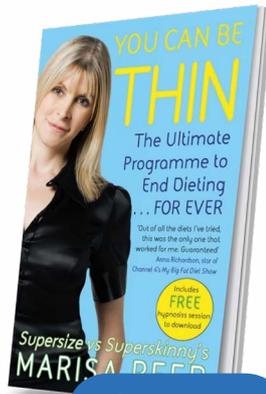
### I Am Enough - Mark Your Mirror And Change Your Life

2021

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

# Empowering Reads

## BOOKS BY MARISA

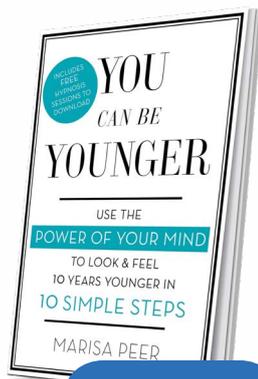


[Shop Now >>](#)

### You Can Be Thin - The Ultimate Program To End Dieting Forever

2015

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

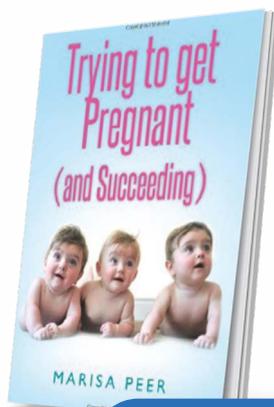


[Shop Now >>](#)

### 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.



[Shop Now >>](#)

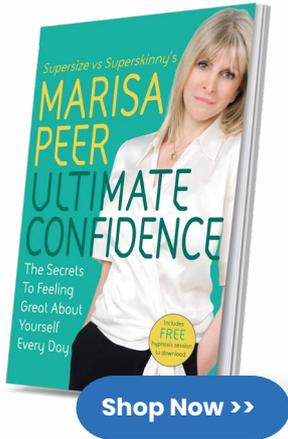
### Trying To Get Pregnant (And Succeeding)

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.

# Empowering Reads

## BOOKS BY MARISA



### **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.

## 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



### **MINDVALLEY KAYALI VISIONARY AWARD 2025**

Lifetime Achievement Award



### **GLOBAL WOMAN AWARDS 2025**

Honorary Award for Outstanding Contribution to Wellness Excellence



### **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)

## AWARDS CONTINUED



### **ENTREPRENEUR OF THE YEAR**

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



### **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



### **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](mailto:media@marisapeer.com)

*Marisa Peer*