

Janet Moore™

HYPNOTHERAPY & LIFE MASTERY

SPEAKER, CERTIFIED HYPNOTHERAPIST & LIFE MASTERY CONSULTANT



Janet's insightful and tailored approach ensures that every audience walks away inspired, equipped, and ready to take action toward their goals.

Janet Moore is a sought-after speaker, Certified Transformational Life Coach (Brave Thinking Institute), and Certified Hypnotherapist (International Alliance of Professional Complementary Practitioners). She is the creator of The Janet Moore Method™, a structured approach to updating the response patterns that shape how we think, feel, and act.

Audiences notice her presence first. Janet brings calm, grounded energy to the stage, along with a refreshing perspective on why meaningful change rarely happens through effort alone. Most persistent patterns developed over time and operate outside conscious awareness. Insight helps us notice them. Something more is needed to shift them.

The Janet Moore Method™ is that something more, a structured way to update those patterns so change becomes stable and sustainable. Her sessions blend coaching, hypnotherapy, and structured development work.

Shaped by her own seasons of change and years walking alongside others through theirs, Janet believes most people are far more capable than their circumstances suggest. Real change happens not by force, but when we become steady enough to see the next step clearly. In a world that keeps accelerating, Janet offers audiences something rare: permission to slow down, and move forward with clarity, calm, and purpose.

An Unforgettable Speaking Experience



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If you're considering Janet for an upcoming event, the best place to start is a short conversation. She'll get to know your audience, what you're hoping to create, and how a talk or workshop could support it.

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Whether you're planning an intimate Lunch & Learn, a thoughtful keynote, or a full-day workshop, Janet brings real presence and quiet energy into every room. You're not just booking a speaker. You're creating an experience your audience will still be drawing on long after the event ends.

No two organizations are the same, and every audience walks in with its own questions, pressures, and culture. Janet shapes each session around the people she's speaking to, using your goals, your challenges, and what you most want your audience to take with them.

Her sessions are warmly interactive, with reflection exercises that move people from passive listening into something they can actually use. Most leave feeling clearer about what they want, more connected to how they want to move forward, and with practical tools they can begin using right away.

Formats range from 10-minute openings to full-day workshops, with plenty of options in between. Sessions can be shaped from a 30-minute spark to a full-day deep dive, so reach out today to explore what's possible for your next event.

THE VISION WORKSHOP

3 KEYS TO ACCELERATING YOUR RESULTS



My Passion

Inspiring people stop the struggle, learn to dream bigger and start believing again—because what you truly want is possible. I help people reconnect with their vision and go after it with heart and courage.

My Mission

To help you get clear on the life you'd love—and then support you in making it real. With the right mindset and tools, your dream life isn't just possible... it's waiting.

During this powerful training, you will have an opportunity to define, design, and experience your dream – and receive the blueprint for creating a life you love!

You Will Learn:

- Two essential keys for tuning into your purpose.
- Simple thinking-strategies that will guard you from fear, doubt and worry.
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- Simple thinking-strategies that will guard you from fear, doubt and worry.
- What wealthy people do that creates sustained success.
- The number one factor that causes people to lose steam when going after a dream, and how to stay motivated and override it.
- The one critical thing you must give up in order to reach your dream.
- And much more!



Janet's interactive workshop gave us the clarity and direction we needed to take our goals to the next level. We left with a renewed sense of purpose and confidence.

AV REQUIREMENTS

Janet is deeply committed to your group and recognizes the time, money, and energy you've invested in your event. She'd like to offer suggestions to help ensure you get the best possible return with a top-quality presentation.



Successful Meeting Tips

- Theater or classroom seating is preferable. We understand that when planning on or around a meal, this is not possible.
- If the event is in a hotel, for the benefit of your audience and Janet, please request from the hotel or auditorium management that the meeting room have no distracting noise from an adjoining room, such as a singing group, rock band, etc. during the time Janet is presenting her keynote or seminar.
- It is difficult to build intimacy and rapport if your audience is distracted. Please instruct the banquet staff to clear up before or after the speaker's presentation.
- When a photographer is present, please ask them to refrain from taking photos the first 15 minutes of the program. This can be distracting to the speaker and audience.
- Please make sure the room is well lit especially the staging area. People remember more and laugh more in bright rooms. Janet prefers to see the faces of the audience. This allows her to see how they are responding to her presentation.

Mics & Tables

- Janet prefers a behind the ear mic when possible. Please make sure that the AV department has a back-up microphone available at all times. Our suggestion would be to have someone from your group assigned to the microphone system should any adjustments be needed for volume, bass, feedback, etc.
- Janet uses PowerPoint during her presentation. She will need a projector with remote control and a cable to connect to her computer, and it should be within range of the stage.
- Please have water available for Janet
- Audio and/or video taping is available with PRIOR WRITTEN AUTHORIZATION. This includes any modification to the presentation. If the presentation is edited or cut in any way for public use, Janet must approve it before release.
- Please have a table available for Janet's products and someone available to assist her during the day of her presentation.

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