



**External
Peace
Internal
Calm
Renewal**

Jenny Battig, CIHt

**Certified Interpersonal Hypnotherapist,
Professional Trainer, Speaker, Coach, and Author**

Popular Talk Titles...

Subconscious Superpowers... Activate!

Tap into your subconscious to transform your health and happiness and take back your power to access your true potential!

Manage Moods Naturally

Become more aware of how your emotions drive your behaviors and reactions and experience three proven techniques to reduce stress, calm nerves, and improve focus!

Upgrade Your Connections

Learn how to improve the connections in your relationships at home, school, work, etc. by increasing your social-emotional intelligence!

- **Community Groups**
- **Professional Organizations**
- **Churches**
- **Businesses**
- **Schools**
- **And more...**

Jenny absolutely loves educating people about safe, efficient, powerful holistic ways to renew their healthy mind/body balance. She has years of experience doing technical training and coaching and has been using natural methods to deal with health or behavioral issues that have come up in her own life as well.

Jenny started her own private practice as a hypnotherapist in 2013 and formed EPIC Renewal (External Peace, Internal Calm) as she realized she wanted to share more than just how transformative tapping into the power of the subconscious using hypnotherapy can be. She also enjoys speaking about and teaching techniques to enhance empathy and social – emotional intelligence.

Flexible options:

- Whether you're looking for a brief talk to enhance your event, an in-depth training, or multiple day workshops and retreats, Jenny is your girl!
- Presentations can be customized to meet the needs of your audience
- Available for online presentations or in person across the US and Canada

What people are saying...

Jenny made the class so personal and interactive. She allowed open communication to clarify all of the concepts. Super teaching style!

- (Connection Practice Course Student)

If you want a powerful, impactful and professional presenter at your next event then Jenny Battig is your speaker. Her natural connection with the audience and openness affords her a unique style to convey important information that truly changes lives. I am deeply grateful to have had Jenny present and take my Annual Conference to the next level for our members. Great information, great presenter and a great choice. – Beth Snyder, Director of Operations, Anahat Group

BOOK JENNY TODAY!

Speaking - Workshops – Retreats - Training

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