

# Jennifer Hernandez, PhD, RDN



*Learn how to beat impostor syndrome, build vibrant careers, and elevate your impact!*

Jennifer Hernandez is a dedicated educator, mentor, and nutrition professional who expertly weaves together insights into Impostor Phenomenon, job satisfaction, and career growth. As an engaging speaker, she resonates with nutrition audiences through her real-world examples, practical advice, and supportive approach.

## *Speaking Topics*

### **Writing Your Origin Story: Unleashing Your Inner Dietitian Superhero**

Career Construction Theory meets confidence-building storytelling. This keynote helps participants identify the values, experiences, and self-beliefs shaping their careers – and how to rewrite their path with purpose and clarity.

**Perfect for:** early-career RDs, career changers, student audiences

### **Beyond Credentials: Personal Growth Strategies That Stick**

Professional development isn't just about more letters after your name. This engaging session walks attendees through core principles of sustainable growth – with relatable insights that help them lead, communicate, and evolve with purpose.

**Ideal for:** professional development tracks, leadership cohorts, mentoring programs

### **"I Hope No One Finds Out I Don't Know What I'm Doing Here"**

A powerful session on defeating impostor phenomenon in dietetics. Backed by original research and lived experience, Jennifer helps audiences reframe self-doubt and unlock the confidence to lead, teach, and serve with authenticity.

**Perfect for:** RDs, educators, and mentors battling impostor thoughts despite their credential

### **Developing the Leader Within You**

What does it mean to lead from where you are – without a title or authority? In this inspiring keynote, Jennifer equips attendees with practical ways to influence, serve, and develop their leadership capacity from the inside out.

**Ideal for:** anyone who has been told they have potential but aren't sure how to grow it