

### **Short Bio (1–2 sentences)**

**Jennifer Hernandez, PhD, RDN** is a Registered Dietitian, educator, and leadership speaker who helps nutrition professionals overcome impostor feelings and realign their work with who they are. Known for blending evidence and empathy, she empowers audiences to rediscover confidence, fulfillment, and their professional voice.

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### **Medium Bio (1–2 paragraphs)**

**Jennifer Hernandez, PhD, RDN** is an award-winning educator, researcher, and Maxwell Leadership Certified Speaker with over 15 years of experience across clinical care, public health, and higher education. Her work centers on helping dietitians overcome impostor phenomenon, reconnect with their purpose, and find lasting career fulfillment.

Jennifer’s doctoral research explored the link between impostor feelings, mentorship, and job satisfaction in dietetics. She’s passionate about equipping professionals with the clarity, confidence, and language they need to step fully into their calling — without sacrificing their mental or emotional well-being.

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### **Intro Script for Hosts / Emcees**

Please welcome **Jennifer Hernandez, PhD, RDN** — a Registered Dietitian, speaker, and educator whose work focuses on helping nutrition professionals rediscover fulfillment in their careers. Jennifer’s background spans clinical practice, public health, and academic leadership. She’s also a Maxwell Leadership Certified Speaker and a 2021 Dietetic Educator of the Year. Today, she brings her research on impostor phenomenon and job satisfaction to life with relatable stories, evidence-backed insight, and a passion for helping you step into your most confident, aligned professional self.