Jessica Setnick MS RD CEDS-C

ENDING EATING DISORDERS STARTS HERE

"I DON'T KNOW HOW I DID MY JOB BEFORE THIS TRAINING. I CAN TELL I'LL BE DOING IT A LOT BETTER NOW."

"LET ME TELL YOU, I WILL USE WHAT I LEARNED WITH EVERY ONE OF MY PATIENTS, WHETHER THEY HAVE EATING DISORDERS OR NOT."

"WE'RE A TOUGH CROWD AND SHE HAD US IN THE PALM OF HER HAND."

AS SEEN AT

Behavioral Health Nutrition
a dietetic practice group of the Academy of Nutrition and Dietetics
VFED
WSJ
Metropolitan State University of Denver
TIME
The New York Times
Gateway to Innovation
TEXAS The University of Texas at Austin
A·S·P·D·A FUELING VICTORY
TCU
THE UNIVERSITY of NORTH CAROLINA at CHAPEL HILL
Partners in Treatment
ADULT CHILDREN OF ALCOHOLICS® & DYSFUNCTIONAL FAMILIES WORLD SERVICE ORGANIZATION
NEBRASKA
NSCA NATIONAL STRENGTH AND CONDITIONING ASSOCIATION
TEXAS ACADEMY of Nutrition and Dietetics
Texas School Counselor Association
Missouri Department of MENTAL HEALTH
MHA Mental Health America of Greater Dallas
NAADAC NAADAC.ORG THE ASSOCIATION FOR ADDICTION PROFESSIONALS
American Mental Health Counselors Association
THE UNIVERSITY OF ARIZONA
STATE
ATSS Association of Traumatic Stress Specialists
Academy of Nutrition and Dietetics FNCE
DFW Behavioral Health Symposium
AEROSPACE MEDICAL ASSOCIATION
BOISE STATE UNIVERSITY
THE FEMALE ATHLETE CONFERENCE
NATIONAL CENTER for YOUTH ISSUES
AKEDA Alaska Eating Disorders Alliance
IOWA
Psychology Today
TEXAS A&M UNIVERSITY
Today's Dietitian SPRING SYMPOSIUM
EDCI Eating Disorder Coalition of Iowa
SHAPE America SOCIETY OF HEALTH AND PHYSICAL EDUCATORS®
TAAP Texas Association of Addiction Professionals

Jessica Setnick MS RD CEDS-C

EATING DISORDER EXPERT & KEYNOTE SPEAKER

It's no coincidence that Jessica Setnick became a worldwide cheerleader for eating disorder treatment: from a tv appearance at five years old to a semester as her college mascot, Jessica's a natural in front of a crowd.

Whether teaching parents about prevention, providers about care, or college students about body respect, you'll be impressed how well Jessica connects with listeners from the stage or through a screen.

Her playbook is simple: when you're laughing you're learning, and people remember what touches their hearts. Whether presenting a practical workshop on nutrition counseling skills or an inspirational keynote on advocating for change, Jessica's talks are based in the latest research and shared in a way that everyone understands.

Inclusive, uplifting and authentically vivacious, she takes audiences on a journey, transforming food issues from secretive bad choices to challenges we all face. With humor, science and professional expertise, Jessica helps us straighten out some of the most long-lasting relationships we'll ever have in life - our relationships with food, eating, our bodies and ourselves.

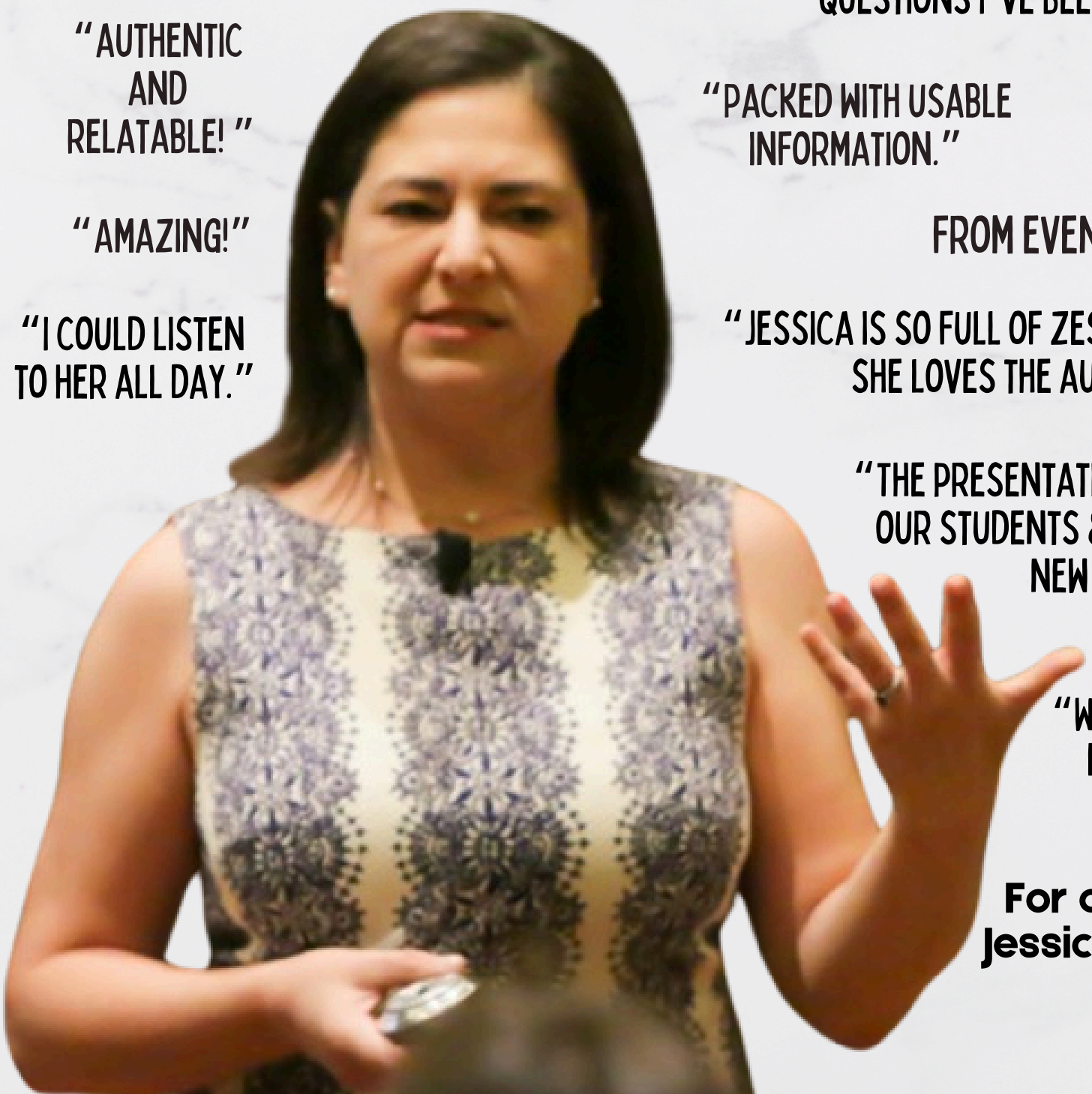
WHAT AUDIENCES HAVE TO SAY:

"I GOT THE BEST ANSWERS I'VE EVER HEARD TO QUESTIONS I'VE BEEN ASKING FOR YEARS."

"AUTHENTIC AND RELATABLE!"

"PACKED WITH USABLE INFORMATION."

"BRING THIS PRESENTER BACK!"



"AMAZING!"

"I COULD LISTEN TO HER ALL DAY."

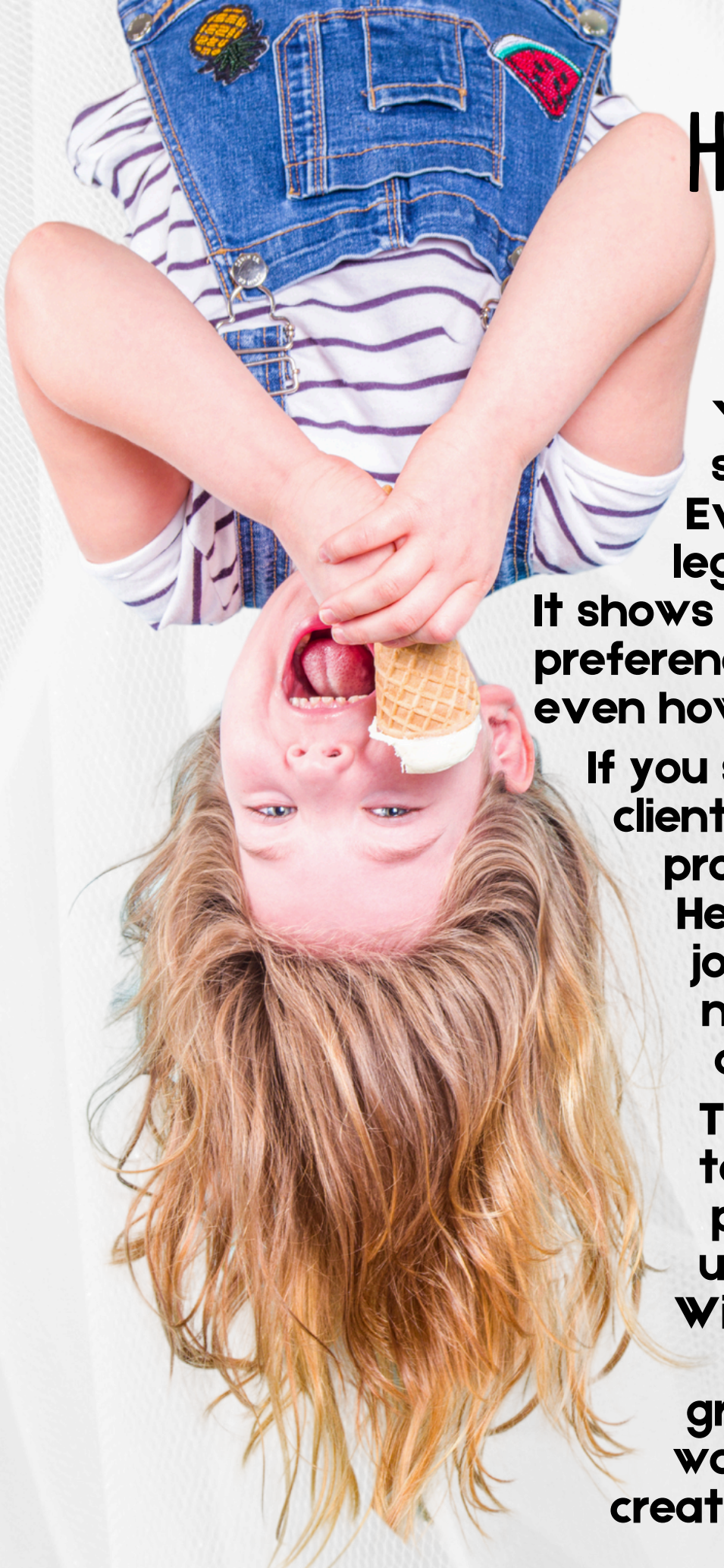
FROM EVENT PLANNERS:

"JESSICA IS SO FULL OF ZEST FOR LIFE AND OUR PROFESSION. SHE LOVES THE AUDIENCE AND IT SHOWS!"

"THE PRESENTATION WAS FANTASTIC, RESONATED WITH OUR STUDENTS & STARTED THIS CONVERSATION IN A NEW WAY FOR OUR CAMPUS COMMUNITY."

"WOW! THAT WAS SUCH AN INFORMATIVE, ENERGETIC, RELATABLE MESSAGE!"

For availability and rates:
Jessica@JessicaSetnick.com
214-674-6455



HEALING YOUR INNER EATER: ADVICE FOR ANYONE WHO EATS

Your early childhood eating experiences set the stage for the rest of your life. Even if it feels like ancient history, the legacy of those years is still here and now. It shows up in unwanted eating patterns, food preferences, what you wear, what you buy and even how you relate to other people.

If you struggle with your eating, work with clients who do, or want to prevent future problems for kids and grandkids, Healing Your Inner Eater is for you. It's a journey of discovery and a non-shaming, non-blaming way to look back so you can move forward.

This one-of-a-kind event will weave together your personal life experience, professional expertise and curiosity in a unique and thought-provoking way. With Jessica as your guide, you will leave with a combination of healing and growth, a foundation for changing the way you talk about food and bodies, and creative tools to use with clients or yourself.

Healing Your Inner Eater is the perfect half- or full-day workshop for health professionals, wellness coaches and anyone who eats.

What professionals are saying about Healing Your Inner Eater:

"JESSICA IS ABSOLUTELY AMAZING. SHE MAKES ME PROUD TO BE A DIETITIAN AND GAVE ME CONFIDENCE IN MY JOB. I'VE SEEN HER SPEAK MANY TIMES AND EACH TIME I WALK AWAY WITH SO MUCH."

"THANK YOU FOR BEING SO AUTHENTIC AND RELATABLE RELAYING THIS INFORMATION! SO EXCITED TO USE THESE TIPS WITH MY CLIENTS. AMAZING!!"

"I WAS SHOCKED TO REALIZE HOW MUCH I HAVE IN COMMON WITH MY PATIENTS. WE REALLY ARE ALL WORKS IN PROGRESS."

For more information or to bring Healing Your Inner Eater to your site or event, contact 214-674-6455 or Jessica@JessicaSetnick.com.