

## **Janet Pfeiffer**

Janet is an internationally known speaker and award-winning author who is recognized as a leading authority in the field of anger management and conflict resolution. Her warmth, sincerity, knowledge, and humor flavored with personal stories of trauma to triumph, evokes a profound awareness in her audience that her words are directed at each individual personally, enabling them to develop a more positive response to life.

### **Topics Include**

- Anger Management • Conflict Resolution • Stress Management
- Communication • Personal & Professional Growth

**Available for Schools, Colleges, Corporations**



## **Biography**

Internationally known motivational and inspirational speaker, Janet is a graduate of Englewood Cliffs College (now St. Peter's) and is a leader in the field of anger management and conflict resolution.

She serves as a consultant to such companies at the U.S. Army, U.S. Postal Service, Hoffman-La Roche, Carnival Cruise Lines, AT&T, United Way, YWCA, and more.

Janet is a registered trainer for the N.J. Education Association, training teachers and students throughout the state.

As a survivor of domestic violence, she also works as an instructor at a battered women's shelter.

Janet hosts her own TV show, *Discovering Your Personal Power* and is a frequent guest on television and radio. She recently appeared on Fox TV, Steve Aduato's *One-On-One*, was highlighted by NBC News and appeared on many others. She has also co-hosted her own talk radio show as well.

An award-winning author and freelance writer, Janet writes a column for the *Daily Record* as well as articles for such magazines as *Woman's World*, *N.J. Family*, *Prime Woman* and *Living Solo*.

She has co-authored a book with Mark Victor Hanson (of *Chicken Soup For the Soul*) entitled "101 Great Ways to Improve Your Life, Vol. 3", wrote "The Secret Side of Anger" (currently available on CD), and has four published children's books. Janet is listed in "Who's Who in Authors".

Additionally, Janet has spoken at the United Nations, Notre Dame University, is a member of the National Police Suicide Foundation and a board member for the World Addiction Foundation. She has been a committee member and keynote speaker for the YWCA's National Week Without Violence Campaign.

In 2001, Janet founded the nation's first support group of its kind for families struggling with issues of estrangement. The group, *Reunion of Hearts: Reconciling and Reconnecting Estranged Families*, was dedicated to the emotional and spiritual healing of family members and very successfully reunited more than 90% of the families.

She has been nominated for many prestigious awards including the Russ Berrie "Make a Difference Award", and has received many others.

## **Testimonials**

"Once again, Janet, you've outdone yourself! Your program on anger management was one of your best yet. Always a favorite among our employees, you seem to have developed a "following" here at Roche. We definitely look forward to have you back again and again!" – *Lorraine Catania, PhD, Director, HLR, EAP, Hoffmann-La Roche*

"Janet Pfeiffer is one of the most powerful speakers of our time. Her programs are packed full of amazing information and simple practical skills to create dramatic change in your life." – *Kim W., Florida*

"Spend one evening with Janet and your life will never be the same!!" – *Joseph S., New Jersey*

"Refreshing! Insightful! Powerful! Better than Dr. Phil!!" – *Kathy P., Hoffman LaRoche*

"Thanks for an excellent workshop on anger management and conflict resolution! Everyone commented that it was the best program we've ever had. Look forward to working with you again in the near future." – *Leo DiFanzo, Marketing Manager, Insurance Restoration Specialists, Inc.*