

Roberta Fernandez is the *creator of AHARA Team and President of Conscious Napping®*. She is a renowned corporate trainer, an eloquent public speaker, a Board-Certified Hypnotist, an Integrative Emotional Intelligence Specialist, and holds a Master Practitioner certification in NLP (Neurolinguistics Programming).

She has lived an adventurous career and legendary expertise in education, corporate consulting and training in the areas of organizational change and emotional intelligence. Roberta has perfected executive and managerial corporate training programs, as well as personal development and wellness programs that have further proven her versatility and unflinching self-worth among colleagues.

Roberta has conducted more than 85 noteworthy presentations and trainings over the past fifteen years. Notable amongst her past clients are Kemps, Sam's Club, JP Morgan Chase, Target, Optum, Pentair, and numerous governments, academic and private organizations.

AHARA Team provides a common language and method for new ways of thinking and problem-solving, integrating it's tenets into a members personal and professional life as a way of being and functioning over a twelve month period.

Conscious Napping® is an app that uses guided visualization to improve an individual's physical, financial, and emotional and mental well-being. *RecoverWell* is a specialty program within the Conscious Napping family that guides patients through pre and post surgical procedures, addresses the areas of pain, stress and sleep.



Roberta Fernandez
Your Ability Awareness Activator
Roberta@ConsciousNapping.com



RecoverWell™

BY CONSCIOUS NAPPING®

