

Roberta Fernandez is the **creator of AHARA and President of Conscious Napping® and FARE Hypnosis**. 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 thousands of individual client sessions and 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** is a Sanskrit term that refers to the support of consciousness, eliminating everything which is not the intrinsic or higher nature of yourself. The AHARA acronym describes the benefits of the program: A Higher Awareness and Realization of your Abilities. AHARA provides a quantum leap, enabling you to think from where you *want to be* rather than from *where you are* into the reality of what is possible.

**Cleaning out Your Closet** is a program that eliminates old, limiting beliefs and unresolved emotions, replacing them with a new understanding of Self and ideas for a positive and productive life.

**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@FAREHypnosis.com



Cleaning  
Out  
Your  
Closet

