

An entrepreneur with diverse careers, Roberta founded FARE Hypnosis in 2013. She is Board Certified, a Certified Hypnosis Instructor for the Certified International Certification Board of Clinical Hypnotherapy (ICBCH), and a Certified Instructor through the NGH. She writes curricula and trains hypnotists, therapists, and medical personnel in basic and advanced hypnosis techniques.

Roberta is a keynote speaker, and among many other accomplishments, she has hosted her own radio show, written two books, and received the NGH's prestigious Research Award and the Leadership award from Banyan Hypnosis.

### **In hypnosis she is certified:**

- by the International Certification Board for Coaches and Hypnotists as a Certified Hypnosis Instructor
- by the National Guild of Hypnotists as a Board Certified Hypnotist
- by the National Guild of Hypnotists as a Certified Instructor
- by the National Guild of Hypnotists in their Complementary Medical Certification
- by Gerald Kein in hypnosis with children
- by Gerald Kein in metaphysical hypnosis
- as a Certified Professional Hypnosis Instructor (CPHI) by the Banyan Hypnosis Center
- as a 5-Path Consulting Hypnotist by the Banyan Hypnosis Center
- as a 7th Path Instructor by the Banyan Hypnosis Center
- by the Banyan Hypnosis Center in Informing Soul and Spirit Releasement
- in Pain Management from the American School of Clinical Hypnosis, International
- as an NLP Practitioner, Master Practitioner, and Consulting Hypnotist and by the Minnesota Institute of Advanced Communication Skills and the ICBCH
- by Weiss Institute in Past Life Regression Therapy
- by Melissa Tiers in Integrative Hypnosis
- as an Integrative Emotional Intelligence Specialist by Beryl Comar
- as an Hypnotic Worker by Jason Linnet
- as a Hypnotic Gastric Band Surgery Specialist, by Anthony F. DeMarco, Ph.D
- as a Golf Specialist by Laura Boynton King, under the auspices of the NGH
- by Mottin and Johnson Institute of Hypnosis in Pain management and Pediatric Hypnosis
- by Ron Eslinger, Healthy Visions, in Hypnosis for Pain Management
- by Ron Eslinger, Healthy Visions, in Advanced Pain Management
- as a Certified Life Coach by the ICBCH

### **Roberta has been featured in:**

Chanhassen Villager - 2015  
South Lake Neighbors Magazine - 2015  
SouthWest Business and Community - 2015  
Learn True Health Podcast with Ashley James - 2016  
Natural Awakenings - 2016  
Lifestyles Magazine - 2016  
Eden Prairie News -2016  
Southwest Metro Magazine - 2016  
SouthWest News Media - 2016  
Minding Your Health Radio Show on 950AM - Weekly from Jan-November 2017  
The Star Tribune - 2017  
National Fibromyalgia Association - 2017  
Butterflies of Wisdom Podcast - 2017  
Trailhead Health - 2018  
Work Smart Hypnosis with Jason Linett Podcast #222 - 2019  
Learn True Health Podcast with Ashley James - 2019  
Reach Radio Podcast - Hypnosis, A Non-Pharmacological Option for Pain Management - 2021  
The Health Factor with Dr. Kim Besuden

She has written 3 books:

*Breaking Free from Pain and Opioids: Discovering the Hypnosis Option* - 2016

*Your Compass for a Balanced Life* - 2017

Her first fiction novel, *A Knock on the Door* - 2022

**Honors:**

Eden Prairie Chamber Charles DeBono Volunteer Award 2017

The Leadership Award from the Banyan Hypnosis Center 2017

The Hypnotism Research Award from the National Guild of Hypnotists 2017

Eden Prairie Women of Substance - 2018

**As a Consultant and Hypnotist Roberta has spoken or provided training for:**

Adath Jeshurun Synagogue

Allina Mercy Hospital

Anoka Ramsey Community College

Audubon Society

Bard College

Bond (Branching Out in New Directions)

Blue Cross Blue Shield

Carleton College

Catholic Diocese Tampa Bay

Chanhassen High School

Chaska High School

Chiropractic Continuing Education, PDR and iSpine

City of Coon Rapids

City of Tampa

CleanTech Open

Earth Charter

Eden Prairie Chamber Of Commerce

Eden Prairie High School

Eden Prairie Home and Garden Show

Edina Realty

Episcopalian Church of Chicago

Epsilon Sigma Delta

Federal Reserve Bank

Florida Aquarium

Florida Federation of Garden Clubs

Florida State University

Fulcrum Health

Gasparilla Arts

Gilda's Club

Hadassah

Heartland Hypnosis Conference

Hillsborough Community College

Hillsborough County Middle Schools

HR Assets

iSpine

Keller Williams

Kemps

Kingsway Retirement Center

Lee County, FL

Methodist Hospital, Heart Vascular Center

Minnesota Cardio Vascular and Pulmonary Rehabilitations Conference

Minnesota Community & Technical College

Minnesota Division of Natural Resources

Minnesota Historical Society  
Minnesota Holistic Nurses Association  
Minnesota Neuropathy Association  
Minnesota Perinatal Organization  
Minnesota Pollution Control Agency  
Minnesota School Nutrition Association  
Montessori Foundation  
Museum of Arts and Sciences Tampa  
Museum of Science and Industry Tampa  
National Guild of Hypnotists Hypnosis Conferences  
Nova Southeastern University  
Network of Executive Women  
Northwestern Health Sciences University  
Optimist  
Optum  
Orlando Latin Film Festival  
Pathways  
Performance Excellence Network (MN Council for Quality)  
Physicians Diagnostic and Rehabilitation Services  
PI Midwest Business Leader's Forum  
PMI  
Power of 100  
Presidio Graduate School  
RENEW, MN  
Rotary - many chapters  
Ridgedale YMCA  
Sarasota Realtor's International Congress  
Sertoma  
Stetson University  
Suncoast League of Cities  
Sustainable Florida Conference  
SWANA  
Tampa Museum of Art  
University of Florida Extension  
University of Minnesota  
University of South Florida  
Village of Key Biscayne  
Women's Health Leadership Trust

**Previous and Current businesses:**

IDS/Ameriprise - Certified Financial Planner  
Distinkt Impressions - Faux artist and designer  
The Montessori Children's House of Hyde Park - School Founder and Director  
The Climate Project - One of the first 50 to be trained by Al Gore to give his climate presentation; 1 of 4 who assisted in training and mentored 2,000 bipartisan others  
Planet Partnership/Atkinson Group, Sweden - Sustainability consulting and education  
Consult Roberta - Consultant and trainer, specializing in organizational change and integrative emotional intelligence  
FARE Hypnosis - Board Certified Hypnotist and Certified Instructor  
Conscious Napping® and RecoverWell- Guided Visualization app  
Roberta K. Fernandez - Fiction author